

NCTJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

- 4 Wear a mask
- 11 Don't travel
- 24 Don't gather

Humboldt County, CA | FREE
Thursday, Dec. 17, 2020
Vol. XXXI Issue 51
northcoastjournal.com

Fatigue, Fear and Frustration

Caring for COVID-19
patients in
Humboldt County

BY THADEUS GREENSON



Valid 12/14-12/31
While supplies last

HAPPY

From

Eureka Natural Foods

When you buy
Niman Ranch,
you are buying
quality meat
that is humanely
raised using
sustainable
practices. And is
the best tasting!



Niman Ranch
Standing Rib Roast
\$14.99
lb



\$6.49

Tricklements
Horseradish
140 g

Organic
Lemons



Beelers &
Niman Ranch
Ham



\$3.49

Native Forest
Pineapple
15 oz



\$19.99
LB

Wild King
Salmon

49¢
each

\$1.49
LB

Organic #1 Garnett
Yams



99¢
each

Organic &
Fair Trade
Hass Avocados



\$29.99

Trinity River
Two pack
King Fisher & Coho Red
750 ml



A Sleighful
Of Savings !!!

\$7.69

Lost Coast Brewery
Winterbraun



6 pack

Eureka 1450 Broadway (707) 442-6325 McKinleyville 2165 Central Ave. (707) 839-3636
WWW.EUREKANATURALFOODS.COM



HOLIDAYS

Local Foods

Local
Hot Cocoa



Dick Taylor
Peppermint
Drinking
Chocolate
8 oz

\$15.99

Liscom Hill
Locally Made
Mugs



Shop our Global
Goods Department
for the
perfect gifts !

\$29.99

Andies Gifts
Beanies

Starting at

\$21.99



Witch In The Woods
Locally Made
Skin Care

\$31.99



Klean Kanteen
Reusable Cups

\$21.99

12 oz

16.9 oz

\$7.99



Guinevere's
Locally Made
Candles

\$12.99



\$29.99

Feel Goodz
Slippers

\$32.99



\$24.99

Green Toys
Car Carrier



\$54.99

Aloha Bay
10" Salt Lamp



Starting at

\$7.99

Lucuma's
Ornaments



OPEN 7 DAYS A WEEK 7AM - 9PM CLOSED CHRISTMAS DAY
SENIOR TUESDAY FIRST RESPONDER THURSDAY STUDENT SATURDAY 10% OFF ENTIRE PURCHASE



HOLIDAY DAZZLE
FORTUNA DECORATING CONTEST

There's nothing like seeing thousands of twinkling lights during the holidays. Decorate your home or business with lights, ornaments, wreaths, and more to help bring holiday cheer to families in Fortuna!

Contest open to all Fortuna Residents and Businesses!

ENTRY DEADLINE: DECEMBER 13

OVER \$3,000 IN CASH & PRIZES

BUSINESSES			RESIDENCES		
FIRST PLACE \$500	SECOND PLACE \$250	THIRD PLACE \$100	FIRST PLACE \$1,000	SECOND PLACE \$750	THIRD PLACE \$500

Vote for your favorites online from December 14-23

Grab your family and take a cruise around Fortuna to enjoy the "holiday dazzle" in the Friendly City!

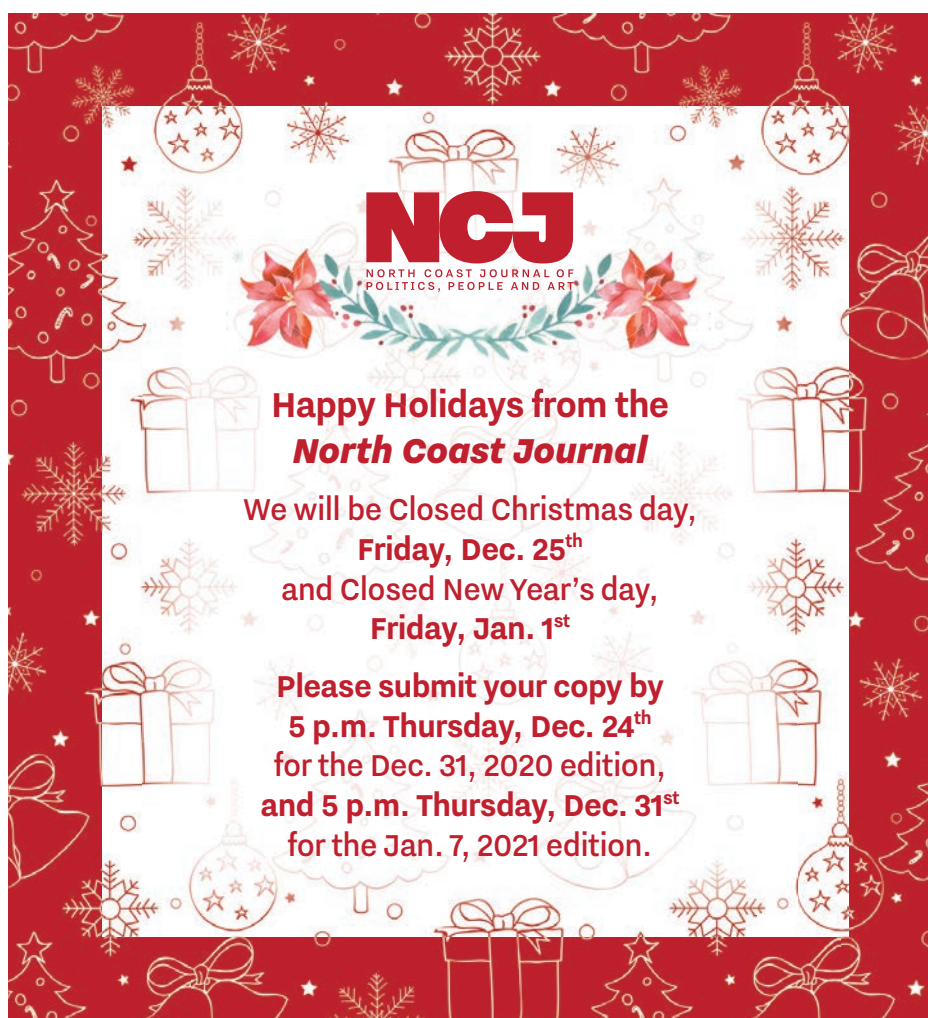
WINNERS ANNOUNCED ON DECEMBER 24

For more information, please visit fortunachamber.com/dazzle.

Thank you to our generous prize sponsors:

Redwood Capital Bank, Wendt Construction, Cornerstone Realty, Landmark Realty, Beacom Construction, Fortuna Business Improvement District, Crystal Lewis State Farm, Rocha's Automotive, Lost Coast Wizards, Edge Caliber, Ikgai Physician Group, Six Rivers Property Management, Fortuna Sunrise Rotary, Fortuna Kiwanis Club, North Coast Journal, and Times-Standard.

Brought to you by the City of Fortuna, Fortuna Kiwanis Club, and Fortuna Chamber of Commerce.



NCJ
 NORTH COAST JOURNAL OF
 POLITICS, PEOPLE AND ART

**Happy Holidays from the
 North Coast Journal**

**We will be Closed Christmas day,
 Friday, Dec. 25th
 and Closed New Year's day,
 Friday, Jan. 1st**

**Please submit your copy by
 5 p.m. Thursday, Dec. 24th
 for the Dec. 31, 2020 edition,
 and 5 p.m. Thursday, Dec. 31st
 for the Jan. 7, 2021 edition.**

NCJ EDITORIAL

Answering the Call

By Thadeus Greenson

thad@northcoastjournal.com

As this edition of the *Journal* went to press, winter had not yet officially begun. And we find that metaphorically significant.

The weather has turned cold and wet as our county's COVID-19 case-load continues to spike dramatically, with Humboldt County having confirmed 423 new infections through the first 15 days of December and four new COVID-related deaths over the span of six days. Meanwhile, Christmas and New Year's approach, and the coldest days of winter await. And despite the glimmer of hope provided by the Dec. 14 delivery of the first batch of vaccines to the North Coast, there won't be enough to provide any widespread relief for some months at least.

Make no mistake, things seem poised to continue to get worse long before they get better.

To the assortment of healthcare providers on the frontlines of treating COVID-19 patients in Humboldt County the *Journal* spoke with this week, that's a terrifying, deflating thing to contemplate. They're already exhausted and weary, having spent months developing the skills and knowledge, and acquiring the equipment needed to treat this disease while navigating the myriad of concerns the pandemic has brought and, in some cases, facing anxieties about their personal safety.

Our hospitals are already stretched thin. Kristen Beddow, the charge nurse in Humboldt County's largest emergency room at St. Joseph Hospital, told us her unit is already seeing more critical patients than anyone on staff has ever seen. Every day. Most of these aren't COVID-19 patients. Some are people who put off preventative care appointments or a trip to the ER for months out of fear of catching COVID-19. Others are have fallen through the cracks of social isolation or are suffering acute emotional disturbances. But they are folks in need of critical, emergency care.

And by the looks of it, there's an influx of COVID-19 patients on the way to join them. (Remember, the numbers indicate 12 percent of COVID-19 patients will need to be hospitalized within 14 days of their diagnosis.) So this all looks rather daunting for a healthcare system that sometimes saw its intensive care units filled to capacity before a pandemic was something most of us thought about.

The good news is that it's in our collective power to control this pandemic. Of course, you'd be forgiven for feeling that's cold comfort, because it's always been in our collective power to hold the worst of

this disease at bay and we simply haven't been up to the task.

But if we're going to stave off a truly dark winter — the kind that will bring the very grim realities we've seen play out elsewhere, with health systems overwhelmed and savable lives lost, into our hospitals' halls — we must redouble and expand our collective efforts. We don't need to wait for a state stay-at-home order to stay at home whenever possible. Nor do we need any more guidance or directives to know that we need to put on a mask when out in public and stop gathering with people outside our households. This simply isn't rocket science, it just demands a sense of community and a willingness for continued sacrifice, a sense that maybe our neighbors' collective lives and health matter more than our immediate comforts.

We're not naïve. We know some among us who don't see the virus as a threat to their personal safety, so they don't think they should change their behavior. Let the vulnerable isolate and let the rest of us live, they say. Of course, as the recent outbreak at Eureka's Granada skilled nursing facility and the deaths of four residents there attest, that's a fallacy, as the more disease circulates in the community — even among those who may be young and healthy and feel invincible — the more likely it is to find its way to those more vulnerable to critical outcomes.

If you read this week's cover story, you'll hear the voices of a handful of very passionate, caring people who have dedicated their professional lives to taking care of us at our most vulnerable moments, whether that be after a car crash or a heart attack. It's their calling and they say they are grateful to do it. But they didn't sign up for this. They didn't envision risking their personal safety to care for a seemingly endless flow of critically ill COVID-19 patients because their neighbors refused to forgo a dinner party or a trip out of town.

The hard truth is that whatever you decide, these providers will be there for you if you should fall ill, with your blood-oxygen levels plummeting or your organs failing. If they can, they will hold your hand when the end draws near or put your family on speakerphone to say goodbye. They have pledged to answer that call.

What remains to be seen is if the rest of us will answer ours.

Thadeus Greenson (he/him) is the *Journal's* news editor. Reach him at 442-1400, extension 321, or thad@northcoastjournal.com. Follow him on Twitter @thadeusgreenson.

NCJ CONTENTS

- 4 **Editorial**
Answering the Call
- 7 **Mailbox**
- 8 **News**
Eureka Council Suspends
Needle Exchange with Split Vote
- 11 **NCJ Daily Online**
- 12 **On The Cover**
Fatigue, Fear and Frustration
- 20 **On the Table**
Thanksgiving in December
- 22 **Get Out!**
The Accidental Birder
- 23 **Fishing the North Coast**
Storms Should Keep the
Steelhead Coming
- 24 **Seriously?**
Self-care Gift Ideas
- 25 **Calendar**
- 26 **Home & Garden**
Service Directory
- 28 **Field Notes**
Whence 'Britain'?
- 29 **Screens**
Straycation
- 30 **Workshops & Classes**
- 30 **Cartoons**
- 31 **Free Will Astrology**
- 31 **Sudoku & Crossword**
- 32 **Classifieds**

Wearing a mask
is like using your turn signals
when driving.

You don't do it for yourself.
You know where you're going.
You do it for others.

So we all feel safe.
— Vincent F Peloso

On the Cover
St. Joseph Hospital Intensive Care Unit
Manager Karis Hassler.
Submitted

CHRISTMAS AT PIERSON'S

Pierson's would like to thank you for doing your part for the community. Please continue to be safe, courteous and wear a mask while in the store.

ORNAMENTS

Walk among our many themed trees and find just the right ornaments. Hundreds to choose from.



20% OFF
OUR REGULAR MARKED PRICES

WOOD PELLETS

Sierra Supreme 100% natural wood pellets. 40-lb bags. Buy by the ton & save! #121306

Reg. \$369.00

\$299.00 TON



GLAZED POTTERY

All glazed ceramic pots are on sale. Assorted colors and sizes.



25% OFF
OUR REGULAR MARKED PRICES

CEDAR FENCING

Dog Ear cedar. Rustic fence boards. #101414

1x6x6'

\$169 EACH



POINSETTIA

Large, beautiful, florist quality plants. 5-7 blooms. Foil wrapped. #29414

6" POT

\$7.88 EACH



1-2-3 PRIMER

Water based primer/sealer for all interior and exterior surfaces. #10890

1-GAL.

Reg. \$22.99

\$19.88 GAL.



CHRISTMAS TREES

FRESH-CUT!

Choose from fresh-cut Noble, Douglas & Nordmann Fir trees. 4-8 ft. height



IMPACT DRIVER & DRILL KIT

18-volt kit includes Impact Driver & Drill Driver, 2 batteries, charger & case. #2306868

Reg. \$209.00

\$189.00 KIT



CEDAR DECKING

Premium quality cedar decking. S4S, Dry. 8-18' #100144

2x6

Reg. \$1.89

\$1.59 LF



HOUSE PLANTS

Fantastic selection of indoor plants. Assorted varieties. #0705

20% OFF
OUR REGULAR MARKED PRICES



POWER STAKE

Indoor/Outdoor. 3-outlet with timer programmable to 2-8 hour cycles. #3495108

Reg. \$16.99

\$9.88 EACH



IN STOCK SPECIALS

- SANDING DISCS** 5-in. 60-320 grit. #235259-66 **44¢** EA
- HAND WARMER** Lasts 12+ hours. #80980 **59¢** EA
- FEED-N-WAX** 8-oz. Natural wood polish. #1159 **\$4.44** EACH
- HEAD MAGNIFIER** Multi-power magnification. #206014 **\$4.99** EACH
- HELPING HAND** 3 1/2". 2x power magnifier. #206681 **\$4.99** EACH
- TOOLBOX SAW** 15-INCH. #2595643 **\$4.99** EACH
- CHISEL SET** 3-piece. #2107738 **\$9.88** SET

DISCOUNTS DO NOT APPLY TO NET ITEMS. SALE ITEMS LIMITED TO STOCK ON HAND.

FOLDING SAWHORSES

1000-lb. capacity for the pair. #2320133

2-PACK

Reg. \$37.99

\$24.88 PACK



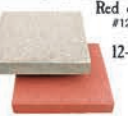
STEPPING STONES

Red or gray. #120511, 512

12-INCH

Reg. \$2.79

\$1.99 EACH



CARPENTER JEANS

Relaxed fit carpenter jeans. 4 colors. ASST. SIZES

Reg. \$28.49

\$25.99 PAIR



SEE'S CANDY

Assorted mixes in 1 or 2-lb. boxes.

All proceeds benefit the See's Community Fund. AVAILABLE AT THE MAIN STORE.



SAFETY GLASSES

Protect your eyes.

20% OFF
OUR REGULAR MARKED PRICES



GIFT CARDS

Can't find the perfect gift?



Give a Pierson's gift card and let them decide.

DECEMBER 15TH through 21ST

PIERSON BUILDING CENTER

4100 BROADWAY - EUREKA - 441-2700 - WWW.THEBIGHAMMER.COM

BRING YOUR HOLIDAY GIFT LIST

ALL KNIVES 20% OFF

LEATHERMAN®  GERBER  BENCHMADE



LEEK KNIFE
SELECT COLORS

Reg.
\$99.99

\$49⁹⁹

GIFTS for EVERYONE In All 3 Stores

carhartt 25% OFF

Jackets,
Coats &
Vests



WINTER FOOTWEAR

ALL BOOTS &
SHOES ON SALE

UP TO
**50%
OFF**



BOGS®



& MORE!



OUR BEST SELLER

\$10 OFF

ROMEO BOOT
Styles #GR262,
#GR270, #GR274



SALE PRICE STARTS AT **\$59⁹⁹**

CARHARTT, FIVE BROS, PENDLETON



PENDLETON®

Flannel
Shirts

10% TO 25% OFF



Men's &
Women's
Apparel

**10-50%
OFF**



Men's & Women's
Apparel from Columbia

25% OFF



ALL MEDICAL SCRUBS

20%-50% OFF



39 Years As
Humboldt's
Work &
Outdoor
Outfitters



"We Fit Humboldt"

6th & E Sts. Eureka • 444-9201
Mon-Sat: 9:30 - 6:00 • Sunday: 11:00 - 4:00
Price Good Through 12/24/20 • Limited to Stock on Hand

FILSON

APPAREL & LUGGAGE

20% OFF



PICKY STORE PICKY PICKY PICKY

WORK & OUTDOOR OUTFITTERS



Terry Torgerson

A Quartet of Good Reads

Editor:

Your Dec. 10 issue included four articles that I enjoyed. Ashley Harrell's cover story, "The Last Howlers," gave me hope because Shelby and Alexis Wickizer are vocally keeping alive — when "the nightly hubbubs . . . have largely faded out" — community support for folks in many front-line occupations dealing with COVID. Linda Stansberry's autobiographical piece, "Please Don't Cry in the Big Girl's Store," touched my heart, as her stellar style covered the important personal ground of fear vs. self-acceptance we bring from our childhoods. Rod Kausen's succinct "The Death of Leo Gallagher" brought to life a tragic event from 1928. Coach Kausen aptly described the impact of Gallagher's death on the Fortuna community and high school sports, and provided a perspective on local history for "newcomers" (I've lived in Humboldt County for only 43 years) like myself. "Rain and Steelhead Both on the Horizon," well, it shows why even non-anglers regularly read Kenny Priest's column for its tight, yet conversational, reports on our weather, rivers, ocean and fishing.

Neil Tarpey, Eureka

WWTVD?

Editor:

Finally, the election has been decided (pending lawsuits) and we can take a breath, relax a little and let the healing and forgiveness begin ("A Deadly Finale," Nov. 26). I've been contemplating whom to look to as a role model for forgiveness. Jess, I think, would be too obvious. Could it be Trump voters? They've been extraordinarily forgiving . . . of his greed, misogyny, infidelity, xenophobia, racism, lying, lack of empathy, incompetence, nepotism, disparagement of the disabled, gold star families, war heroes, health professionals and scientists. They've forgiven his disregard for the rule of law, impending the working of government

agencies, interfering with our election, avoiding paying taxes, appointing corrupt and incompetent functionaries and cabinet members and separating children (!) from their families at the southern border. Forgive me, I'm sure I may have left a few items out. Ah, of course his devastating mismanagement of the COVID-19 pandemic; literally, a matter of life and death. And mustn't forget his birtherism and hypocrisy. At the risk of sounding facetious, that's a boatload of forgiveness there. Pretty sure I'm not up to to matching that. Perhaps I should go back to the old standard: What would Jesus do?

Now, of course, I can already hear Trump supporters and my Republican friends saying who do I think I am to criticize. Well, I'm just an American citizen who is, after four years of this administration with its authoritarian tendencies, aware of how fragile our democracy has become. I can see now how democracy slipped so easily in 1930s Germany and even today in Poland, Hungary and Turkey. On a more personal level, my father, grandfather, great uncle and great grandfather (a Union soldier who was wounded at the Battle of Corinth yet carried on through the rest of the war) were involved respectively in WWII, WWI (and recalled for the Mexican Incursion), WWI and the Civil War. They answered the call to preserve our Union and protect our Constitution. I do not want to see their sacrifices and legacies diminished or wasted, especially by this damaged man, Donald Trump, who has called veterans "losers" and "suckers." It is long past time for him to go.

Raymond Lacy, Arcata

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The deadline to have a letter considered for the upcoming edition is 10 a.m. Monday. ●

NCJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

Dec. 17, 2020 • Volume XXXI Issue 51
North Coast Journal Inc.
www.northcoastjournal.com
ISSN 1099-7571 © Copyright 2020

PUBLISHER

Judy Hodgson
judy@northcoastjournal.com

GENERAL MANAGER

Melissa Sanderson
melissa@northcoastjournal.com

NEWS EDITOR

Thadeus Greenson
thad@northcoastjournal.com

ARTS & FEATURES EDITOR

Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

DIGITAL EDITOR

Kimberly Wear
kim@northcoastjournal.com

STAFF WRITER

Iridian Casarez iridian@northcoastjournal.com

BREAKING NEWS CORRESPONDENT

Kym Kemp
kym@northcoastjournal.com

CALENDAR EDITOR

Kali Cozyris
calendar@northcoastjournal.com

CONTRIBUTING WRITERS

John J. Bennett, Simona Carini, Wendy Chan,
Barry Evans, Gabrielle Gopinath, Collin Yeo

PRODUCTION MANAGER

Holly Harvey
holly@northcoastjournal.com

ART DIRECTOR

Jonathan Webster
jonathan@northcoastjournal.com

GRAPHIC DESIGN/PRODUCTION

Heidi Bazán Beltrán, Dave Brown, Miles Eggleston
ncjads@northcoastjournal.com

ADVERTISING MANAGER

Kyle Windham kyle@northcoastjournal.com

MEDIA ADVISOR

John Harper john@northcoastjournal.com

SENIOR ADVERTISING REPRESENTATIVE

Bryan Walker bryan@northcoastjournal.com

MARKETING SPECIALIST

Kara Scofield kara@northcoastjournal.com

CLASSIFIED ADVERTISING

Mark Boyd classified@northcoastjournal.com

BOOKKEEPER

Deborah Henry billing@northcoastjournal.com

OFFICE MANAGER

Michelle Dickinson michelle@northcoastjournal.com

MAIL/OFFICE

310 F St., Eureka, CA 95501
707 442-1400 FAX: 707 442-1401
www.northcoastjournal.com

Press Releases

newsroom@northcoastjournal.com

Letters to the Editor

letters@northcoastjournal.com

Events/A&E

calendar@northcoastjournal.com

Music

music@northcoastjournal.com

Classified/Workshops

classified@northcoastjournal.com



The North Coast Journal is a weekly newspaper serving Humboldt County. Circulation: 21,000 copies distributed FREE at more than 450 locations. Mail subscriptions: \$39 / 52 issues. Single back issues mailed \$2.50. Entire contents of the North Coast Journal are copyrighted. No article may be reprinted without publisher's written permission. Printed on recycled paper with soy-based ink.

Locally owned and operated since 1965

Crystal Springs Bottled Water

Artesian Water Bottled On Site
Delivered to Home or Office

**Affordable
Free Delivery**

**3 & 5 Gallon Bottles
Wide Selection of
Dispensers & Cups**

707-443-7171
CrystalSpringsHumboldt.com

You bring it.

We box & ship it.

POST-HASTE

PRINTING • SHIPPING • MAILBOXES • NOTARY

600 F St • Arcata • M-F 10-5
825-8295 www.posthastemail.com

Eureka Council Suspends Needle Exchange with Split Vote

By Linda Stansberry
newsroom@northcoastjournal.com

A marathon Dec. 10 special meeting of the Eureka City Council, stretching from 7 until 11:30 p.m., resulted in the council voting 3-2 to pass a resolution temporarily prohibiting all syringe exchange services within city limits, with Councilmembers Natalie Arroyo and Leslie Castellano dissenting. The wording of the resolution is tangled, stating that the city “supports” syringe exchange programs but nevertheless, “the city of Eureka needs to temporarily prohibit SEPs starting on Dec. 16, 2020, until an ordinance is established, subject to review under the California Environmental Quality Act.”

“I feel sick to my stomach,” said Councilmember Austin Allison as the matter came to a vote. “I feel awful that we’ve come to this place. Harm reduction saves lives ... but, yeah, this whole thing feels awful. It’s awful that we’ve come to this place where we have to disrupt people’s lives.”

Allison, a cardiac monitor technician who said he had seen the impact of opiate overdoses and injection-related illnesses in the course of his job, expressed deep conflict and regret over the decision, which will suspend the ability of the nonprofit Humboldt Area Center for Harm Reduction to distribute clean needles

to its clients from its brick-and-mortar location on Third Street. The nonprofit can continue other services, which include distribution of the overdose prevention drug naloxone, facilitation of and referrals to treatment programs, and food and clothing distribution. HACHR can also continue its mobile services to outlying areas, although, as Executive Director Lasara Allen pointed out, the nonprofit’s vehicle was recently vandalized on the night of an earlier, equally contentious city council meeting.

HACHR’s impact on the surrounding neighborhood — near the Humboldt County Public Library — has been a topic

of public debate for several years but matters reached a boiling point in August, when the city submitted a letter and memorandum to the California Department of Public Health opposing HACHR’s reauthorization as a syringe exchange. The letter cited a Eureka Police Department investigation during which an undercover officer allegedly bought narcotics from a HACHR client on the premises, and a HACHR employee or volunteer allegedly facilitated drug sales. Allen stated that such behavior is not allowed on site and that neither person’s behavior was condoned or encouraged by HACHR.

The investigation was launched after

Winter is Here... and Utility Expenses are Rising

Are you a PG&E Customer?

Do you use a CPAP machine, electric scooter, other durable medical equipment or use electricity to heat or cool your home due to a health condition?



Are you enrolled in the PG&E’s Medical Baseline Program?

**If not, you should be.
It can save you money.**



Income is not considered for eligibility for this program

*Currently, you do not have to submit verification of your need from a medical provider

To apply contact TCIL

(707) 498-7233 • (707) 445-8404 • Desirae@tilinet.org • www.tilinet.org



neighbors complained about an escalation in problematic behaviors near the needle exchange, including open drug use, noise complaints and needle litter. On Oct. 8, the CDPH reauthorized HACHR to conduct syringe exchange but excluded Eureka from its authorization, placing the nonprofit's operations within city limits under local control. This led to several marathon council meetings and a mediation session between city staff and the nonprofit, resulting in a settlement agreement that would have seen HACHR erect a fence around its area of operation, hire a monitor to discourage onsite problem behavior and transition to mobile-only distribution of syringes as of June 1. But an entrenched majority of the council — Allison, Heidi Messner and Kim Bergel — expressed unwillingness to accept this settlement, with Bergel saying she was uneasy with HACHR conducting “business as usual” until June 1. With the settlement dead, the council directed staff to prepare language repealing and replacing the existing ordinance so a new version could be drafted.

During public comment, which lasted two hours and saw 63 people speak (for two minutes each), many HACHR supporters questioned the timing of the decision. Winter is bearing down and COVID-19 cases are surging. The CDPH recently released a vulnerability assessment that put Humboldt County in its highest risk category for both fatal opioid overdose and HIV and HCV transmission. Also, notably, two of the councilmembers making the decision — Allison and Messner — were in their final days on the council, with new representatives due to be sworn in Dec. 15.

“I can guarantee that you will be on the wrong side of history if you choose to shutter harm reduction services in Eureka, especially during the pandemic,” said Holly Scaglione, a social worker and former co-director of the Humboldt Institute for Harm Reduction. Matt Curtis, a harm reduction specialist with CDPH, said the

organization is recommending expansion, not restriction, of services at this time.

Arroyo raised the issue of process, saying she didn't feel like she could support the proposal.

“This doesn't just feel like the 11th hour, it feels like 11:59 p.m.,” she said. “We're literally getting a new council next Tuesday. It feels confusing to me and confusing to other members of the community that we're talking about this change now. I want to note that while community members are maybe not thrilled with our current ordinance, HACHR is currently in compliance with that ordinance. It's been a long and hard process, but we decided on something and now we're changing that. I feel like we wasted time and public money on a mediation process. That said, we're here now.”

But Bergel said she thought it would be better for the decision to be made by councilmembers who had the benefit of experience with the topic and added that neighbors who were exhausted by nuisance behavior and criminality couldn't wait. She referenced one resident who had trash and needles dumped over her fence. (Several neighbors also joined public comment to express support of the decision.)

“It really is disappointing that we have to make this decision,” said Bergel.

Staff and councilmembers also commented on services offered by the city and county that could fill the gap until

a new ordinance was in place, including expanded syringe exchange services by the Department of Health and Human Services and the city's Uplift program, which could offer a “warm handshake” and transportation for clients seeking services from the county or from HACHR.

“You're talking about putting people in a car. During a pandemic,” Allen interjected. Allen also disputed the efficacy of these solutions, saying not all clients were comfortable receiving services from the county and city.

“The reprehensible action of restricting access to sterile syringes and other safer use equipment will affect the whole community — in lives lost, in health lost and in dollars and cents,” Allen wrote in a statement posted to the HACHR Facebook page after the meeting. “Taking this action during the COVID-19 epidemic adds a layer of cruelty. During winter months when life for our unhoused neighbors is already horrific, to say the least, is even more damnable.”

The statement also referenced a

discussion with legal counsel questioning whether the action was enforceable.

Arroyo's quip about an “11th hour” decision was more than metaphorical; it was 11:30 p.m. when the deciding votes were cast. Castellano, who asked for a friendly amendment to the vote that would extend the grace period for HACHR's syringe exchange services to the end of the year but was voted down, noted that Allison seemed to be struggling with the decision and asked him if he would be interested in changing his mind.

Allison appeared troubled but remained steadfast.

“I feel the gravity of this situation,” he said. “HACHR is not stopping its services except for syringe exchange and the county can pick up the slack momentarily. I guess I'm ready to vote even though I hate it ... I hate that it came to this. I'm really disappointed. I'll probably have trouble sleeping tonight.”

●
Linda Stansberry (she/her) is a freelance journalist. She lives in Eureka.



Eureka City Manager Miles Slattery listens to the discussion at the City Council's Dec. 10 meeting.
Access Humboldt



SEASON OF
INSPIRATION
SALES EVENT

**Wishing you a Merry Mazda
& a Happy New Car**



BERNIE BISHOP MAZDA

365 WHARF ST., BROOKINGS, OR

541-469-3126

WWW.BBMAZDA.COM



Blundstone®

TASMANIA AUSTRALIA · 1870

Abraxas

Shoes & Leather

615 5th St, Eureka 707.798.6194
430 Main St, Ferndale 707.786.4277

HOURS BOTH LOCATIONS
Monday-Saturday 10-5:30 • Sunday 11-4

Find us on 

As COVID Vaccine Arrives, Deaths, Cases Climb

Humboldt County continues to set grim milestones amid the COVID-19 pandemic, with more than 400 cases already recorded midway through December and four deaths occurring in less than one week.

The latest numbers are the continuation of a dramatic spike in cases since November, which set a record of 238. Just the first week of this month saw 217 new cases, which far outpaced the previous week's record of 163. As the *Journal* was going to press Tuesday evening, 90 cases had already been confirmed.

But a glimmer of light at the end of a still very long tunnel is beginning to emerge with the arrival of Humboldt's first COVID vaccine shipment and initial doses being given to some healthcare providers and long-term care facility residents.

Mad River Community Hospital Occupational Health Supervisor Yolanda Stevens became the first local healthcare worker to receive a dose of Pfizer-BioNTech COVID-19 vaccine as Public Health works to coordinate a rollout of the shots to priority recipients.

Meanwhile, the county's Joint Information Center is urging locals to get tested,

calling it "one of the most helpful things county residents can do for the community at large," because it allows Public Health to catch cases early and limit spread.

The county also continues to grapple with an outbreak at the Granada Rehabilitation and Wellness skilled nursing facility, which Public Health announced last week had seen 69 residents and 23 staff at the 87-bed facility test positive, with at least three residents dying.

"A skilled nursing facility outbreak is not only a marker for widespread disease, but it also has potential to reflect back out into the community," Humboldt County Deputy Health Officer Josh Ennis said in a recent release, noting the current rate of local community spread is unprecedented.

"We are one community. At this point in the pandemic, actions taken by one of us can affect all of us," he said. "We should all do our part to keep our loved ones healthy."

Humboldt County still remains poised to fall under a regional stay-at-home order from the state after Gov. Gavin Newsom announced earlier this month that regions where cumulative available hospital intensive care unit capacity drops below 15 percent will be subject to new restrictions.



Mad River Community Hospital Occupational Health Supervisor Yolanda Stevens received the first dose of the Pfizer-BioNTech COVID-19 vaccine from Tina Wood, the nurse manager of Critical Care Services.

Photo courtesy of the county Joint Information Center

Where implemented, the order will temporarily close bars, wineries, personal service salons, hair salons and barber-shops, while retail stores will be limited to 20 percent capacity and restaurants will be limited to take-out and delivery only and schools that have a waiver will be allowed to remain open to in-person instruction. The order will also temporarily prohibit all non-essential travel, Newsom said.

The county's steady escalation of cases in recent weeks puts Humboldt solidly in the state's purple "widespread" risk tier, along with nearly all of California's 58 counties, which had already brought new layers of restrictions on local businesses.

— Kimberly Wear
POSTED 12.15.20 Read the full story online.

Make us a part of your daily life

For the news as it develops and all you need to understand politics, people and art on the North Coast, follow us online.

Crab On: Get that butter ready. The commercial Dungeness crab season is slated to start statewide Dec. 23 after being delayed due to quality in the Humboldt region and whale entanglement concerns farther south.
POSTED 12.12.20

Back to Campus: The California State University system, of which Humboldt State is a part, is looking to return to primarily in-person classes by the fall of 2021.
POSTED 12.09.20

Court Screening: The Humboldt County Superior Court announced that all people attending in-person court proceedings will be required to complete a daily COVID-19 screening before being allowed into a courtroom.
POSTED 12.13.20

northcoastjournal.com/ncjdaily

northcoastjournal

ncj_of_humboldt

ncjournal

northcoastjournal

newsletters

Digitally Speaking

975 The number of doses of Pfizer-BioNTech's COVID-19 vaccine that arrived in Humboldt this week, with healthcare workers and long-term care facility residents in the priority tier for receiving the shots. POSTED 12.14.20

They Said It

"They arrested us before we could do something illegal."
— Ellen Taylor, one of four septuagenarians arrested in connection with protests at Rainbow Ridge, after a judge dismissed charges against them. POSTED 12.15.20

Comment of the Week

"So deserving! They do great work."
— Reader Tom Wheeler commenting on the Journal's Facebook page about news that the Humboldt Wildlife Care Center in Arcata was one of 45 nonprofits caring for animals to receive a California Department of Fish and Wildlife grant. POSTED 12.10.20

Fatigue, Fear and Frustration

Caring for COVID-19 patients in Humboldt County

By Thadeus Greenson

thad@northcoastjournal.com

If you talk to healthcare providers treating COVID-19 patients at St. Joseph Hospital in Eureka, the linchpin in Humboldt County's pandemic response, they all have a story to tell about when the reality of their challenge hit home.

For Kristen Beddow, the charge nurse in St. Joseph's emergency room, it was losing a patient. Beddow grew up in Ferndale and decided she wanted to become a nurse after taking an emergency medical technician class as a senior in high school led her to a job at City Ambulance. She says she loves "organizing chaos" and "being there for people in their hard moments," making the ER a perfect fit.

"The first time COVID really scared me was when I saw someone going from talking and asking us to adjust their pillows to dying, just within hours," Beddow says, her voice trailing off over the phone. She explains that some COVID patients come in looking fine, but their conditions can deteriorate very quickly and unexpectedly, necessitating a kind of hypervigilance from providers. "You just never know."

For Paul Shen, a hospitalist who treats COVID-19 patients in St. Joseph Hospital's

Registered nurse
Melanie Smits
(foreground)
with hospitalist
Paul Shen and
registered nurse
Celene Olson.

Submitted

intensive care unit, it was also losing a patient — which was the moment the cumulative toll, the fatigue of providing a different level of emotional support for his patients, hit him. Shen, who gave up a lucrative tech industry career to pursue a medical degree and a masters in public health, describes caring for patients in the middle of a pandemic as "why we got into medicine ... our calling." But Shen says the necessary practice of isolating COVID-19 patients, not allowing friends or family visits, and providers' having to don multiple layers of personal protective equipment — gowns, gloves, respirators and face shields — just to treat them adds barriers, making care harder to

render and moments of human connection simultaneously more important and more difficult to achieve.

"When it comes to having someone's hand to hold or a patient feeling they are a human being because of a personal contact, sometimes you're it," Shen says. "The fatigue is facing patients, especially when they're not doing well. These patients are isolated. They're scared. You're their primary support."

Shen says the case that comes back to him in quiet moments is one of the last patients he had who died. Shen works 7 a.m. to 7 p.m. shifts 14-days at a time, so he essentially spends half the month living at the hospital and the other half

trying to recover and recharge. He was wrapping up a 14-day stretch in the ICU and stopped to say goodbye to a patient he'd been treating for 11 or 12 days and had become fond of — joking with him every morning and listening to the man talk about how he looked forward to getting back to his antique shop.

"I was ending my shift and I remember going to him and saying, 'I want to wish you the best. You've been a wonderful patient to take care of,'" Shen recalls. "And he said, 'Well, you're kind of my best friend in here.' If I count the human contacts he had, I don't think that's entirely off base, either."

The following day, the man was intu-





St. Joseph Hospital Emergency Services Nurse Manager Kelsey McCulloch.
Submitted

bated and put on a ventilator. Shen says he re-read the man's obituary to prepare for his interview with the *Journal*.

"The need to provide that kind of support, in addition to the medicine itself, for me is an honor but also requires an expenditure of emotional energy I don't generally give to other cases," Shen says.

For Mario Monte, a staff nurse in St. Joseph's ICU who decided nursing was his calling after working as a caregiver for a small long-term care facility in Santa Rosa, the moment isn't singular but chillingly played on a loop in the ICU. Most COVID-19 patients, he says, are transferred from the hospital's respiratory unit when their blood-oxygen levels start to plummet and they need more acute care and consistent monitoring. They're scared, Monte says, and greeted in the ICU by staff cloaked in face masks and shields.

"We see the patient come in and they literally ask you, 'Do you think I'm going to die?'" Monte says. "It's a very hard to answer that question. But the patients I've worked with who are COVID-positive, that's the first question that they ask me, 'Do you think I'm going to make it through this?' ... It's hard to make promises when you know it's really variable. I just tell them what the current status of their health is."

Over the past two weeks, as local

COVID-19 infection rates reached unprecedented levels and fears grew that the surge long feared is now arriving amid a perfect storm of pandemic fatigue, cold weather and holiday gatherings, the *Journal* interviewed a host of caregivers at St. Joseph Hospital. They spoke about their fears and anxieties, their exhaustion and their resolve. And they spoke of the growing dismay of standing frayed but poised to meet unspeakable challenges as a portion of the community continues to disregard public health officials' orders.

"There's a lot of frustration," says Beddow. "I have trouble expressing how frustrating it is that there are people who don't want to take the simple precautions that can help. That's how it spreads, because everyone says, 'I'm just going to do this one little thing. It's just this one thing.'"

It was mid-February when Humboldt County confirmed its first COVID-19 case, which, according to the *New York Times*, was the first case confirmed in rural America and just the 13th in the nation. Beddow says she recalls being in the emergency room when the call came in from someone saying they'd returned from traveling in China and were experiencing flu-like symptoms. She said the consensus among staff was that

Continued on page 15 »

SUBARU share the love® EVENT
November 19 through January 4

A new Subaru will change more lives than just your own.

With every new Subaru purchased or leased, Subaru will donate \$250 to your choice of charities*. McCrea Subaru will also donate a minimum of \$250 to Humboldt Senior Resource Center here in our community for each vehicle sold or leased.

SUBARU

2020 Charity Partners:

\$250

CHARITABLE DONATION*

SUBARU

+

Humboldt Senior Resource Center
Nutrition & Activities Program

McCrea Subaru will also donate a minimum of \$250 to Humboldt Senior Resource Center here in our community for each vehicle sold or leased.
November 19 through January 4.

*Submit your charity selection by January 15, 2021. See Subaru.com/share for details

2021 SUBARU ASCENT
PREMIUM

- Standard Symmetrical All-Wheel Drive
- + 27 MPG hwy¹⁰
- Standard EyeSight® Driver Assist Technology¹⁵
- Built-in Wi-Fi²⁴ and Remote Engine Start capability²⁵
- 3 rows of flexible seating for 7 or 8 passengers

0% financing for 63 months

2021 SUBARU OUTBACK
LIMITED XT

- 260-hp direct-injection turbocharged SUBARU BOXER® engine
- SUBARU STARLINK® 11.6-inch Multimedia Plus
- Power moonroof
- Heated steering wheel
- DriverFocus® Distraction Mitigation System

0% financing for 63 months

McCrea Subaru 1406 5th Street Eureka • 442-1741
www.mccreasubaru.com

0% financing for 63 months on approved credit. All advertised prices excludes government fees and taxes, any finance charges, and any emission testing charge. On approved credit. Ad expires 12-31-2020.

OPEN FOR DELIVERY, TO-GO & CURBSIDE PICK UP

Angelo's PIZZA PARLOR

Buy any Medium or Larger Pizza at reg price get a FREE small Jo-Jo. Limit 1 per visit.

#1

Can't be combined with any other offer.
GOOD THRU 12-31-20

Angelo's Pizza Parlor
215 W. 7th St. Eureka 444-9644

OPEN FOR DELIVERY, TO-GO & CURBSIDE PICK UP

FORBUSCO
 LUMBER & BUILDING SUPPLY

WEEKLY SPECIALS!

114.17
36" Regal Steel Security Door
 Choice of white or black. C153329, C153333

150.00
Heavy Duty Storm Doors
 36". White only. Keeps weather out and warmth in. Model C499962
 Limited to stock on hand.

U-Haul Only...Limited Stock On Hand **Sale Starts 11/12/20 - Ends 12/30/20**

FORBUSCO LUMBER • 1784 SMITH LANE • FORTUNA, CALIFORNIA • (707) 725-5111
20-0020 CU COPYRIGHT © 2020 CIRCULARS UNLIMITED. All Rights Reserved. www.circulars.com

Christmas Karma Come-Up!

S.T.I.L.

This fundraiser helps animals in need. Buy this special Icicle Ornaments and all the purchases will be donated to **MIRANDA'S RESCUE.**

Visit our Facebook page for more details

2940 Broadway St #E, Eureka • www.stilhumboldt.com

THE MOST MEMORABLE GIFTS ARE THOSE YOU GET TO EXPERIENCE

You, or your guest, will walk in and float out.

Massage • Vichy Shower Hydrotherapy
 Aromatherapy Body Scrubs • Anti Stress Treatments
 Facials • Pedicures • Spa Packages • Spa Clubs
Gift Certificates

The SPA
 at
Personal Choice

707-445-2041 130 G. Street
Located in the Vance Hotel
Eureka, CA 95501
thespaatpersonalchoice.com

IF YOU ARE A RETAILER INTERESTED IN PRODUCTS EMAIL info@lostparadiseorganics.com

it was unlikely to be COVID-19 but that the person should come to have a sample taken that could be sent to the U.S. Centers for Disease Control to be tested. They took all possible precautions but were still shocked when the test came back positive — COVID-19 had arrived in Humboldt County.

“That’s when it was like, ‘OK, this can actually happen here,’” Beddow recalls.

To hear providers tell it, the ensuing 10 months have felt like trying to sprint a marathon. The first task was figuring out how to effectively treat this new disease in a manner that was safe for providers and other patients.

St. Joseph Health CEO Roberta Luskin-Hawk, who has a background as an infectious disease doctor and researched HIV under National Institute of Allergy and Infectious Diseases Director Anthony Fauci, says she was on daily calls from across the health system in February and March about treatment protocols, infection prevention and how to find personal protective equipment amid a shortage and global demand. But the situation was evolving rapidly.

Kelsey McCulloch, a Humboldt native who got into nursing because she likes the human connection — “I like people,” she says — and serves as St. Joseph’s nursing manager of emergency services, says it was a constant struggle to keep up with the torrent of information, all of it coming from the front lines of providers scrambling to treat a new disease.

“We’d see almost hourly changes in information about symptom presentations and what to watch for and who’s at risk,” she says. “We were making signs and laminating signs to educate staff and then two hours later something would change. It was very stressful.”

Shen says he and other providers spent copious amounts of time talking to colleagues in more heavily impacted areas of the country and reading publications out of Wuhan, China, about the disease, trying to learn how the disease impacts patients and effective interventions.

Beddow says it’s hard to overstate the stress of that period.

“Information was changing daily,” she says. “I remember the first few weeks, I didn’t go home to my kids. I stayed

somewhere else until we could kind of get a handle on making sure we had proper protocol and equipment.”

And as the charge nurse at the ER, Beddow had to find the balance of making sure staff had the equipment needed to stay safe while also conserving it to meet whatever demand arose with uncertain supply chains, calling it “just a really challenging role.”

Meanwhile, the stories coming out of New York and Italy about scores of frontline healthcare workers becoming exposed, falling ill and dying were pervasive and inescapable for anyone working in a hospital at the time.

“It definitely increased my anxiety,” says Karis Hassler, the ICU nurse manager at St. Joseph. “It increased a lot of people’s anxiety.”

Luskin-Hawk says St. Joseph benefited from being part of a 51-hospital system, which was able to leverage significant purchasing power to secure large amounts of personal protective equipment and lean on hosts of

experts to compile and disseminate the latest information.

“When there was a new clinical protocol, I’d know,” she says.

Even now, while providers say St. Joseph has “enough” PPE, there still isn’t as much as people would like. Even today, equipment remains on backorder, Beddow says, adding that providers have become PPE connoisseurs amid a patchwork of inventory, knowing which face masks fit comfortably and which pinch the ears.

Over the course of some months, Luskin-Hawk says the hospital implemented its current protocol, under which COVID care is provided in its emergency room, a new respiratory unit and the intensive care unit. The goal, she says, is to make sure COVID-19 patients are isolated in negative pressure rooms with designated providers.

“You don’t ever have a caregiver that’s taking care of a COVID patient then going into the next room to care for a different kind of patient,” she says.

Luskin-Hawk says COVID-19 patients are generally cared for in the hospital’s 11-bed respiratory care unit — which can flex to 32 beds if needed — and those whose conditions are deteriorating are

Continued on page 17 »

“You don’t ever have a caregiver that’s taking care of a COVID patient then going into the next room to care for a different kind of patient.”

NCJ BEST
2020

The Sea Grill
Sea to Plate since '88

OPEN XMAS EVE

Tues. - Sat. 5-9pm
Always sourcing the freshest seafood from near and far

DELIVERY NOW AVAILABLE
PLEASE CALL BETWEEN 3-5 TO ORDER AND ARRANGE DELIVERY
OFFERING 20% DISCOUNT ON ALL TAKE OUT ENTRÉES

Menu on our website or Eureka Sea Grill on Facebook

316 E ST • OLD TOWN EUREKA • 443-7187
WWW.SEAGRILLEUREKA.COM

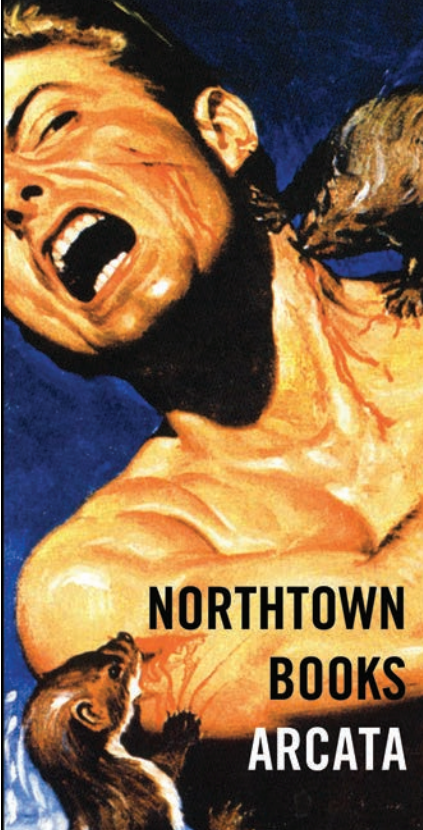
NCJ WHAT'S GOOD



northcoastjournal.com/whatsgood

Have a tip? Email jennifer@northcoastjournal.com

HAPPY HOLIDAYS



NORTHTOWN BOOKS ARCATA

20% OFF
our **TEPPANYAKI** menu
lunch time special only

We are doing outdoor sitting by the bay. Bring a warm jacket and enjoy the view.

EVERYDAY OUTDOOR SITTING 11-8:30 TAKE OUT 11-9
reservations recommended

Bayfront Restaurant
ONE F STREET, EUREKA CA • 707.443.7489

KEET-TV presents its local documentary

HARMONY IN THE EEL RIVER BASIN

On Tuesday, December 22 at 8:30 pm and Saturday, January 9 at 6:30 pm

Discover how we can improve this important watershed and keep it healthy for future generations.



  **KEET**
PBS North Coast Public Media

Get the details and stream it at KEET.org

Here to Help

Here to Hire

Lend Us a Hand



Start training for a long lasting career

Good News: The Sun Valley Group is hiring across the supply chain, including in Distribution and Fulfillment Centers.

Knowing many people are eager to get back to work, The Sun Valley Group has expedited hiring to get people working quickly. What does that mean for a person looking for a new opportunity with a thriving company? It means he or she can apply in person or send us your resume at Jobs@tsvg.com, and get hired and begin working in as little as 24 hours. Everyone's health, safety and wellbeing is our highest priority.

Open Positions:
Warehouse
Packing

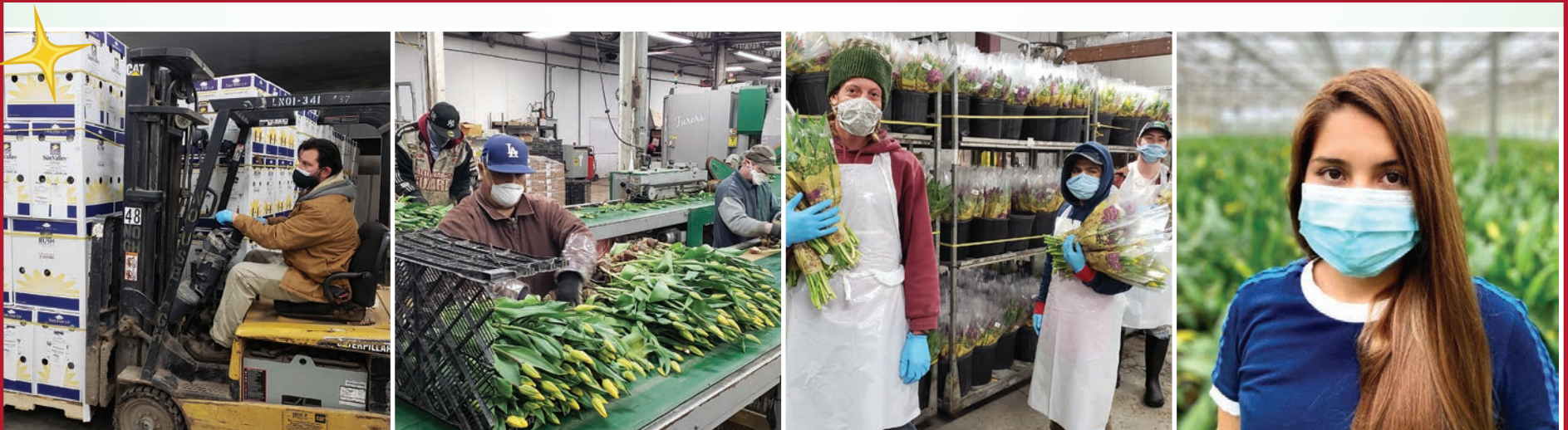


Shipping & Receiving
Forklift Driver
General Labor



Flower Picking
Flower Bunching
Electrical Controls

START WORKING TODAY • WEEKLY PAY • PART TIME • WEEKENDS • FULL TIME • BONUS OPPORTUNITIES



The Sun Valley Group is committed to a diverse and inclusive workplace. The Sun Valley Group is an equal opportunity employer and does not discriminate on the basis of race, national origin, gender, gender identity, sexual orientation, protected veteran status, disability, age, or other legally protected status.

The Sun Valley Group – 3160 Upper Bay Road – Arcata, CA 95521
Phone 707-825-5707 – Jobs@tsvg.com

Humboldt Country Strong – For Over 40 Years

moved to a COVID-19 wing of the ICU. The emergency department is now split, so patients suspected of having the virus or who are likely to need an aerosol-generating procedure can be kept isolated.

By June, McCulluch says things began to settle. There were fewer day-to-day changes, guidelines had solidified and PPE supplies had become a bit more stable.

"We felt secure at that point," she says.

Individual providers say they also adopted their own habits and protocols in an effort to keep their private homes and loved ones safe. Monte, the ICU staff nurse, says he goes directly into his garage when he gets home, changes into a fresh set of clothes before entering the house and then goes straight to the shower. McCulluch uses hospital-issued scrubs at work and showers before heading home, then leaves her shoes in a box on her front porch. Shen says he now uses only his own equipment, which he never lets out of his sight, and always makes sure he has alcohol pads in one pocket of his coat and hand sanitizer in the other, and he always changes clothes before entering his home.

"I don't let any of the clothing that entered the hospital touch anything in my house," he says.

There's an inherent stress in that level of day-to-day awareness, providers say, with most adding they live in constant fear of becoming a vector who infects the people they love most.

"We became very vigilant," says Hassler, the ICU nurse manager at St. Joseph, whose family moved to Humboldt County when she was little because her father wanted to raise his kids in a small community with a university. Hassler considers all that has changed since February and pauses.

"This year's been so long," she says.

On the best days, under the best conditions, working in a hospital and caring for ill people simply isn't for everyone.

"What we do here in the ICU is hard," Hassler says. "We're taking care of an extremely vulnerable population at the worst times of their lives, both for the patient and their loved ones."

COVID-19, providers say, has made it incalculably harder, primarily for three reasons.

First, the PPE protocols — while entirely necessary — are constant and exhausting. Providers have to don gloves, gowns, masks, face shields and sometimes caper hoods before entering an infected patient's room — which they estimate can take anywhere from 90

seconds to three minutes. Then, when leaving the room, they need to doff, or remove their protective gear and sanitize in a ritualized, meticulous way, which can take another three to five minutes. Combined, the ritual adds as much as eight minutes to each encounter with a COVID-19 patient, whether it be bringing them a glass of water, an extra blanket or something much more substantial.

Beddow says this forces providers to try to cluster care, doing as many things as possible when entering a patients' room. But ER nurses are staffed at a nurse-to-every-four-patients ratio, so if a nurse spends an hour in a patient's room, that's an hour where colleagues need to cover their other three patients.

The need for such extensive PPE also makes it harder for providers to have those human moments with patients that they believe are integral to quality care. Those moments amount to one of the more rewarding aspects of the job.

"It really has presented that human connection that a lot of us thrive on — you're kind of yelling through a face shield and a respirator," McCulloch says, adding that she wants patients to know she's smiling at them under that respirator even if they can't see it. Everything is a little more difficult now. Every single aspect of it."

Compounding those challenges is the prohibition on visitors, which leaves providers as not only patients' physical caretakers but also their primary emotional supports and their connection to the outside world.

"That's a huge barrier," Hassler says. "It's completely understandable why it needs to happen but it's devastating to not only patients and their family members, but also to the ICU staff and these nurses and caregivers who are having to bridge the gap of these loved ones as far as being at the bedside and present with family members. Patients do better when surrounded by their loved ones."

Shen says the added layer of communicating with family members outside the hospital's walls is challenging, saying he believes there's been "a loss of social trust in providers" and that, to a degree he hasn't experienced with other ailments, some families respond to his condition updates with denial. But even without that, he said the disappointment in their voices can linger.

And layered on top of these changed conditions and their added layers of stress for providers, there's also the fact that COVID-19 is a dynamic disease unlike anything they've seen before. Beddow says the many symptoms associated with

Continued on next page »

TOYOTATHON IS ON!!!

NEW 2021

**HIGHLANDER
HYBRID**

**Only 8
left!!!**



\$3500
DISCOUNT OFF MSRP*

**MID-CITY
Motor World**
2 MILES NORTH OF EUREKA
LOOK FOR THE CAROUSEL

(707) 443-4871
www.mid-citytoyota.com

Mon - Fri: 8:30am to 7:00pm
Saturday: 9:00am to 6:00pm
Sunday: 11:00am to 5:00pm



TOYOTA
Let's Go Places

*\$3500 discount it \$2000 Mid City discount and \$1500 factory rebate. All advertised prices exclude government fees and taxes, any finance charges, and any emission testing charge. All new car fees include a \$85 dealer doc. fee. Offer end 12/31/2020

**Email us
Here:**



press releases:
newsroom@northcoastjournal.com

letters to the editor:
letters@northcoastjournal.com

events/a&e:
calendar@northcoastjournal.com

music:
music@northcoastjournal.com

sales:
display@northcoastjournal.com

classified/workshops:
classified@northcoastjournal.com



Let's Be Friends



Abraxas Shoes & Leather

615 5th St, Eureka 707.798.6194
430 Main St, Ferndale 707.786.4277

HOURS BOTH LOCATIONS
Monday-Saturday 10-5:30 • Sunday 11-4

Find us on 

NCJ ON THE COVER

Continued from page 17



St. Joseph Hospital hospitalist Paul Shen (right) and registered nurse Casey Schuetzle with a patient in the hospital's medical surgical unit. *Submitted*

the disease — everything from respiratory distress to stomach problems and headaches — make it challenging to quickly identify and treat. But the most alarming aspect, she says, is how quickly some patients grow very ill — some will come in and look “fine” only to unexpectedly take a sharp turn for the worse. McCulluch agrees that the rate at which some patients decline is alarming.

“A lot of our more serious cases have really surprised us with how fast they became very, very ill,” McCulluch says.

Hassler adds that while so much of COVID media coverage is about deaths, it's already clear less than a year into the pandemic that some of those who survive the illness face long-term impacts.

“COVID-19 has been life-altering for many people,” she says. “For some, it's just a temporary discomfort. But you don't know which one you're going to be. You don't know which one your best friend is going to be, which one your loved one is going to be, which one your child is going to be. ... There are people who are now having dialysis three times

a week and it's not just old people. It's young people as well who are now on the donor list for kidneys because of the effects of COVID-19.”

And underlying all the challenges of caring for COVID-19 patients is the lurking feeling that things will get worse before they improve. The fear is palpable.

“There is the fear from my community, my patients, my coworkers, my family that just leads to a day-to-day anxiety,” Beddow says.

We all have former colleagues or friends or family who are working in areas where the wave crashed already,” McCulluch says. “There's just this anticipation of not if but when for us.”

That COVID-19 wave hasn't crashed on Humboldt County yet but there's reason to believe it's cresting. As the *Journal* went to press, the county had already confirmed more than 400 new cases through the first 15 days of December, with four COVID-19 related deaths reported over the span of six days. At St. Joseph Hospital, providers say the emer-

gency room is already overwhelmed, though not yet with COVID-19 patients.

While winter months generally see an increase in hospitalizations, with the onsets of flu season and the stresses of the holidays, this year has been different.

"We're dealing with more critical patients than I think any of us have ever seen, like every day. Just a lot of sick patients — sicker than we've ever seen," says Beddow. "We've been overwhelmed with incredibly sick patients because they were afraid of getting COVID so they stayed at home or didn't see their doctor or didn't come in."

Hassler says it's important for people to remember with all this talk of ICU capacity that St. Joseph's ICU is "often full" in non-pandemic times with trauma, cardiac and neurological patients. Even a small influx of COVID-19 patients can make it tremendously challenging for providers to get everyone the care they need.

Beddow notes, in addition, the hospital currently has patients awaiting transfers out of the area for specialized care that St. Joseph can't provide. But hospitals throughout the state have extremely limited capacity in the face of COVID-19 case surges. They don't have the open beds to accept transfer patients, so some end up staying at St. Joseph "much longer than we'd like them to."

The pandemic and associated stresses and isolation have also had "devastating" mental health impacts on the community, providers say.

"The emergency room has seen an incredible increase of people coming to us in acute emotional distress," McCulluch says. "We're seeing these patients repeatedly who have lost hope on a regular basis. That really wears on your ability to maintain hope. And some of their manifestation of emotional distress is in anger and violence. While we still treat those patients with the dignity and kindness they deserve, it's been very intense."

Amid it all, healthcare workers face many of the same pandemic-related stresses as everyone else and find many of the things they once turned to for self-care are no longer possible.

"Honestly, it's been incredibly difficult," says Beddow. "Especially people who have children at home are struggling to find respite or an escape from the stress of life right now, as it is for everybody. I've seen the anxiety and the burnout in the department go through the roof and a lot of people want to get out just because of that stress every day and not being able to find an outlet."

Hassler says she worries about "compassion fatigue" with her staff. While

they all signed up to take care of sick patients, it "can still be traumatic and devastating," and they are simply not used to "experiencing so much loss." Luskin-Hawk concedes that the situation has been "emotionally wearing" and staff are already exhausted.

"What we've asked of people is truly extraordinary," she says. "Work in healthcare is challenging on a normal day without a pandemic but these are truly extraordinary times."

She says the hospital has tried to redouble efforts to make sure employees get the psychological and social support they need, saying the system has even put together a wellness app that allows employees to self-assess their mental state and determine if they might need to talk to someone. Everyone interviewed for this story says they worry about their colleagues.

They also feel the worst is yet to come.

"It's really scary," Monte says. "But when it's demanded of us, if the situation comes, I'm sure we're all ready to step up. But you can only go on for so long. ... When there may be a surge, we're going to stretch people thin. We're going to tire our nurses out. We're going to tire our techs out. We're going to tire everyone else out and, at some point, we're just not going to be able to provide the care we're supposed to provide."

A number of people interviewed for this story say they are uneasy about sharing their feelings publicly but want to give the community a glimpse into their reality and some insight into the very real challenges already facing the local healthcare system. They are largely exhausted and frustrated but still determined to provide quality care. They also recognize they alone can't flatten the curve or prevent the worst of the surge yet to come. That's in the community's hands.

"There are certain faces of patients that just stay with you forever. The ability to allow it not to haunt one's self — it can be very difficult," Hassler says, her voice trailing off into quiet sobs into the phone.

"And," she continues after a moment, "that's why I wear a mask and I wash my hands and we don't even visit our family members. Because families should be together." ●

Thadeus Greenson (he/him) is the Journal's news editor. Reach him at 442-1400, extension 321, or thad@northcoastjournal.com. Follow him on Twitter @thadeusgreenson.

SUPPORT NCJ

Sponsorships • Subscriptions • Swag



NCJSHOP.COM

You Work Hard to Raise a Healthy Family: Let WIC Help

WIC is a nutrition program for Women, Infants, and Children.



You may qualify if you:

- Are pregnant, breastfeeding, or just had a baby;
- Have a child under age 5; and
- Have a low to medium income; and/or
- Receive Medi-Cal, CalWORKs, or CalFresh benefits; and
- Live in California

WIC provides:

- Nutrition education and health information
- Breastfeeding support
- Monthly benefits for healthy foods
- Referrals to medical providers and community services

You may qualify if your family's income meets WIC guidelines. To find out more, go to myfamily.wic.ca.gov



Newly pregnant women, migrant workers, and working families are encouraged to apply.

Enroll early! Call WIC today to see if you qualify:

United Indian Health Services
WIC Program
Open to All in Humboldt/Del Norte Co.
707-822-9900

All our services are available over the phone at this time. Hello WIC cards and goodbye paper checks.



NCJ ON THE TABLE

Thanksgiving in December

Gratitude and roasted squash and sweet potato soup

By Simona Carini

onthetable@northcoastjournal.com

I started writing this article to submit it well before Thanksgiving, but life had other plans and I had to abandon my original plan. What I wanted to say, however, is still relevant and the recipe still in season, so I picked up where I left off and finished it.

My big heartfelt thanks to local farmers and food producers, who this year met new challenges, adjusted and continued to provide great food to the community. If the pandemic was not disruptive enough, the fire season brought evacuation and unhealthy air to the mix. Still, farmers worked outdoors, harvested crops and brought fresh produce to farmers' markets, grocery stores, farm stands and CSA shareholders.

I would also like to offer a big thank you to the North Coast Growers' Association (NCGA) for their efforts in keeping the Arcata and other summer farmers markets on schedule and adhering to safety protocols aimed at protecting vendors and patrons. Visiting the markets has remained a bright light during these dark months of social isolation.

Thank you also, dear farmers, NCGA and food producers for devising ways to make shopping safe with market boxes, online sales, contactless payments and curbside pick-up. As patrons, we also made adjustments, of course, wearing masks at all times, standing in line according to the signage, but I cannot imagine how we would have fared without the amazing local products brought to us week after week, rain or shine or smoke, always with a smile. Again, thank you.

While I don't need special prodding to make soup any time of the year, cold temperatures turn my liking into craving. The recipe on this page includes seasonal ingredients: orange-fleshed sweet potato and butternut squash, plus carrots, all

contributing to a brightly colored end result. I love this soup because it is creamy, flavorful and comforting, guaranteed to cheer you up no matter how gray the sky is. I call it my Giving Thanks Soup.

Sweet Potato and Butternut Squash Giving Thanks Soup

Serves 6-8.

Ingredients:

- 1 pound 2 ounces butternut squash (a small squash or half of a larger one)
- 1 pound sweet potato
- 7 ounces carrots
- 10 ounces onion
- 3 tablespoons extra-virgin olive oil, divided
- 2 cloves garlic (3 if small), peeled
- 1 inch fresh ginger, skin scraped off
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon paprika
- 2 cups chicken or vegetable broth, preferably homemade
- 3 cups water, more as needed for desired consistency
- 1/8 teaspoon freshly ground black pepper
- ½ to 1 teaspoon fine sea salt, to taste
- Flat-leaf parsley, minced, for optional garnish

Place two racks in the oven. Heat the oven to 375 F. Prepare a baking sheet and an open-sided cookie sheet, each lined with a silicone baking mat.

Halve the squash lengthwise and re-



The Zwerdling Law Firm is honored to be voted Best Law Firm on the North Coast.



There are many reasons to avoid out of town lawyers to handle your personal injury case - here's one. Heidi Wells, a partner at the Zwerdling Law Firm, recently received this review. This demonstrates how much we value the professional relationships we develop with our clients. We get excellent results and all live and practice law in this wonderful community. Keep this in mind if you are considering retaining a firm with out of town lawyers.

"Heidi- I love you. Thank you for being such a great listener and support for Andrew and I over the last 2 years. I feel so lucky I have found someone so kind and caring to help guide us through this period of our lives. You see your clients at their worst and still manage to do your job extremely well with a smile, a laugh, and if needed a shoulder to cry on. We couldn't have done this without you. You rock!"

Representing citizens of Humboldt County since 1976



937 6th Street, Eureka, CA
(707) 798-6211

office@zwerdlinglaw.com
zwerdlinglaw.com





A satisfying winter soup to be grateful for.
Photo by Simona Carini

move the seeds (a grapefruit spoon makes this task easier). Place on the baking sheet, cut side down.

Peel the sweet potato and cut it into cubes. Scrub and skin the carrots, then cut them into bite-sized pieces. Place sweet potato and carrots in a bowl, drizzle 1 tablespoon of the olive oil on them and mix well to coat. Spread evenly on the baking sheet next to the butternut squash.

Halve the onion, cut each half crosswise into ¼-inch-thick slices and place in a bowl. Drizzle ½ tablespoon of the olive oil on the onion and mix well to coat. Spread evenly on the cookie sheet.

Place all vegetables in the oven, onions on the rack above the other vegetables. Bake the onions for 15-20 minutes, making sure they don't burn at the edges, then remove from the oven and transfer into a bowl.

Bake the other vegetables 30-40 minutes, stirring the sweet potato and carrots halfway through, until the cut vegetables are tender and it is easy to pierce the squash with a knife. Transfer the vegetables into a bowl. Let the squash cool until you can handle it, then scrape the flesh off the skin (that grapefruit spoon is useful here, too).

Mince the garlic and grate the ginger. Warm up the remaining 1½ tablespoons of olive oil in a soup pot on medium heat. Add the garlic and stir well. Turn down the heat to medium-low. After 30 seconds, add the ginger and stir well. After another 30 seconds, transfer all the roasted vegetables into the pot. Sprinkle the cumin, coriander and paprika on the vegetables and stir well.

Pour the liquids into the pot, cover and bring to a boil. Turn down the heat and let the soup cook for 20 minutes, then test to make sure that you can mash a cube of sweet potato with the back of a wooden spoon against the side of the pot, and easily cut a piece of carrot in half with a knife. Cook the soup longer, as needed.

Remove the pot from the heat and let the soup rest for 20-30 minutes, then purée with an immersion blender. Add more water, if needed, to reach the desired consistency. Sprinkle salt and pepper, stir and adjust as needed.

Serve the soup hot, sprinkling some minced fresh parsley on top.

●
Simona Carini (she/her) also writes about her adventures in the kitchen on her blog www.pulcetta.com

Your Holiday Headquarters

Pies, ham, chestnuts, chocolates and egg nog – all the elements for tasty traditions come together at North Coast Co-op.

A great holiday starts here
\$5 off \$50
at North Coast Co-op in Arcata & Eureka

Coupon expires 12/22/20.
One coupon per store visit.
\$50 minimum purchase before tax.

Your organic, member-owned grocery store since 1973.

NORTH COAST CO-OP

www.northcoast.coop

811 I St. Arcata • 25 4th St. Eureka

"WE SELL THE BEST
AND SERVICE THE REST"



AMANA KitchenAid

MAYTAG

Whirlpool



1001 Main St. in Fortuna

707.725.6734

www.eelvalleyappliance.com



The Accidental Birder

Finding focus and
a hobby during
shelter in place

By Caitlin Parson

getout@northcoastjournal.com

I have yet to purchase my first pair of bird-watching binoculars. My Canon point and shoot camera is not fancy. The feature that sold me on it was its telescopic zoom lens. It's the perfect tool for a budding bird-watcher, which is what I seem to be.

Fortunately, my favorite bird, the red-tail hawk, thrives hunting among the open meadows in the hills of Southern Humboldt where I live. So when it comes to bird watching, I think it's fair to say the red-tail hawk was my gateway bird.

One afternoon last spring, I lost track of time watching one circling above my house. That day I got my first close-up of the underside of that grand birds' feathers, intricately patterned in shades of brown, white and caramel. I was hooked. I knew it was getting serious when I found myself grabbing my camera and racing outside barefoot upon hearing the merest suggestion of a hawk in the vicinity.

Another day, while on a walk with my camera, I spotted a red-tail, this time at the top of a great Douglas fir, perched and scoping for its next meal. I sat down quietly and started snapping away. With the short distance between us and my camera's zoom, I was able to see the hawk's striking green eyes, which I learned are eight times sharper than ours and can track a mouse from 100 feet. I sat in silent observation for nearly an hour, feeling like it was my lucky day.

And so, during a year which by all measures has been unorthodox and challenging, I've found a new hobby. I am becoming a birder. Bird photography has been a good reminder to have patience. I've learned not to expect to always get the best photos; they don't happen every day.

And in these frightening, heavy times I have been finding solace and a brighter

outlook when I go out to scope for birds. While the world is uncertain and full of tragedy, watching a hawk gliding in the wind above reminds me of the goodness that is also here. And though they soar through the sky, I find bird watching to be incredibly grounding. I imagine anyone could benefit from a healthy diversion right now. And it doesn't require a big financial investment. Although I have yet to purchase a good pair of binoculars, I know they are available in a range of prices and a beginner probably doesn't need to buy the most high-end pair.

Recently I joined the Northern California birders group on Facebook. On the group page there are bird enthusiasts of all experience levels, many of whom are skilled photographers. I've been impressed by the laid back and friendly interactions I've had since joining. I posted a picture I took of a striking bird I knew nothing about and quickly learned from a handful of thoughtful and energized responses that the mystery bird was a starling. It turns out people have strong feelings about the starling, since it is considered a nuisance and is not native to California. The group is a good platform and resource for someone new to birding and the photography is striking and inspiring.

A couple months ago, I was walking in the oak forest below my parent's house when I locked eyes with a statuesque barred owl. I'd never seen such a massive bird sitting in a tree, nor had I ever seen an owl of any kind in broad daylight. I stared in awe. After 10 minutes or so, it flew off, its enormous wingspan fanning out like a giant wave goodbye. When I told my

parents about my special sighting, they said they had been hearing the owl's hoots at night and were pretty sure there were two of them. In a move that would have embarrassed me as a child, my mother went out hooting the following evening and sure enough, there were two of them.

Months have passed and I've kept at it, looking for birds with or without my camera in hand. As spring turned to summer, I was home more than usual, embracing the opportunity quarantine gave me to reconnect with nature. When our cherry tree filled up with fruit in June, many birds came foraging for a taste. This gave me the chance to see and learn more about these other winged creatures. There were Steller's jays, robins, northern flickers, American kestrels, juncos, grosbeaks and the ever-opportunistic ravens.

I walked carefully to the tree, camera in hand, ready to zoom into their worlds. If our cherry tree were of a regular small one, one might think I'd want to chase the birds away. However, our tree, planted by my grandfather 40 years ago, is enormous, with plenty of cherries to share with birds big and small. So, as they foraged it was an ideal time for me to observe them and snap more photos.

Watching this sweet group of songbirds got me thinking how much there is to get to know about the lives of birds. Fortunately it doesn't seem like I'll run out of opportunities in our beautiful woodland community.

Caitlin Parson (she/her) writes poetry and prose from a perch out back of her home in Southern Humboldt County.



A red-tailed hawk, the author's "gateway bird."

Photo by Caitlin Parson

Storms Should Keep the Steelhead Coming

By Kenny Priest

fishing@northcoastjournal.com



Charlie Holthaus, of Weaverville, landed a nice steelhead while fishing the Trinity River Friday, Dec. 11. With more storms in the forecast, the Trinity, as well as the coastal rivers, should see a good push of fresh steelhead.

Photo courtesy of Charlie Holthaus

Following a weekend that saw slightly less rain than predicted, conditions on our steelhead rivers are starting to improve. Storms impacting our coast one after the other are what's really needed to kick off the winter steelhead run, and that looks to be the case through the weekend. A good soaking is forecast for Wednesday with another coming late Saturday and into Sunday. The Smith and the Chetco will see significant flow increases, but should remain fishable. Closer to home, Wednesday's storm will likely turn the Mad, Eel and Van Duzen rivers muddy. But it's possible they'll bounce back by Saturday before the flows head back up. A few steelhead have made their way to the hatchery on the Mad and there should be plenty more behind them. The Eel and Van Duzen haven't seen many boats or anglers yet, but you can bet there are steelhead around. If you're looking to get out of the house this weekend, you shouldn't have any trouble finding a fishable river.

Weather ahead

Widespread rain is in the forecast for Wednesday, according to Kathleen Zontos of Eureka's National Weather Service. "Rain is going to be heavy at times and we could see 1 to 2 inches," said Zontos. "We'll start to dry out on Thursday but there is a chance for some light rain, up to a tenth of an inch. The next system will move in sometime late Saturday night but the timing of this one is a little uncertain. The majority of the rain looks like it will fall on Sunday and linger into Monday. This system has the potential to drop 2 to 4 inches of rain over the three days, with the Smith basin seeing the higher totals. For the seven-day forecast ending next Tuesday, the Smith basin could see anywhere

from 3 to 5 inches. The Mad and lower Eel could see 1 to 2 inches. Above normal precipitation is predicted in the Smith basin from Sunday through next Thursday."

Mad River Hatchery ladder now open

The water running down the ladder to the river was turned on last Saturday. The hatchery hopes to begin spawning on Tuesday, Jan. 5 and then each following Tuesday.

The Rivers:

Other than the South Fork Eel, all North Coast rivers subjected to low-flow fishing closures, including the Smith, main Eel, Mad, Redwood Creek and Van Duzen, were open to fishing as of Tuesday. Be sure and call the low-flow closure hotline, 822-3164, to determine if the river is open prior to fishing. CDFW will make information public by a telephone recorded message each Monday, Wednesday and Friday as to whether any river will be open or closed to fishing. Rivers will not automatically open to fishing once the minimum flows are reached.

Chetco/Elk/Sixes

"The Chetco hit 5,000 [cubic feet per second] and blew out Sunday evening, but was fishable again Monday as flows dropped back below 3,500 cfs," said Andy Martin of Wild Rivers Fishing. "Fishing was slow for the plunkers, in part because of treacherous conditions at the Chetco River bar, which prevented new fish from

moving in. More rain is expected this week; could fish Friday and Saturday if the storms are not too severe. Next week the Chetco may reach 14,000 cfs or higher, according to long-range forecasts."

The Elk was fishable Monday at 3.6 feet but was clear and fished slow, according to Martin. "A few late kings were caught. It will be a good option after this week's rain. The Sixes was turning green and dropped to 2 feet Monday evening, but by Wednesday could blow out for several days," added Martin.

Smith River

The Smith was in fishable shape on Monday but was dropping quickly. There were a few boats on the river, with some side-drifting for steelhead and others targeting salmon. Reportedly, there were a few dark salmon caught on the lower river. The steelhead report wasn't very good. I heard of one adult steelhead along with some half-pounders being landed. Following Wednesday's rain, flows are predicted to peak at 9,800 cfs on the Jed Smith gauge early Thursday morning. Conditions should be good for Friday and Saturday.

Read the complete fishing roundup at www.northcoastjournal.com.

Kenny Priest (he/him) operates Fishing the North Coast, a fishing guide service out of Humboldt specializing in salmon and steelhead. Find it on Facebook, Instagram, YouTube and www.fishingthenorthcoast.com. For up-to-date fishing reports and North Coast river information, email kenny@fishingthenorthcoast.com.

Poletski's
Appliance Center

341 West Harris St., Eureka
707 445-3138
poletskis.com



- Servicing Humboldt County for over 40 years
- Largest in stock new & used inventory
- Competitive price guarantee
- Delivery and Service after the sale



"LARGEST BRAND SELECTION IN THE COUNTY"



Self-care Gift Ideas

By Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

Well, here we are again, on the cusp of Christmas and Kwanzaa, and nearly burned through those Hanukkah candles, and yet some of us are still chipping away at our holiday shopping lists. Or, you know, staring at them like we've been struck with a paralyzing blow-dart, waiting for any scrap of meaning to spontaneously arise, the same way we gaze at walls, the flickering interior of the fridge or episodes of *Emily in Paris*. The alternating torpor and frenzy of the pandemic has rendered time meaningless except for the sudden shock of arriving deadlines. Unprecedented times!

Whether our loved ones are far away or close for the holidays — so freaking close! — right on top of us since March! — they're all facing the uncertainty of exponential COVID-19 spread, the drag of pandemic fatigue and a presidential transition that could go peacefully or rend the fabric of our democracy. It's a toss-up! So what do you get the person who's freaked out about everything? Here's a helpful roundup of some of our favorite of-the-moment gifts for friends and family just trying to get through 2020.

The Crusher weighted blanket, \$295

Fans of cozy weighted blankets sing their praises for quelling anxiety. An average one weighs in at 15 to 25 pounds, but we're not dealing with average anxiety, are we? The Crusher is a thought-blotting 200 pounds and comes with cables that hook into the floor so you can't move beyond sort of shimmying from one side to the other. Getting out of bed today was a mistake — no sense taking any chances tomorrow!

Out There Candles, \$20-\$40

Remember coffee shops? Bowling alleys? Airport baggage claim? Out There takes you on a sensory journey to the once pedestrian places that the pandemic has rendered nostalgic and even exotic. Its line of soy candles evoke the myriad fragrances of car dealerships, bars in the middle of the day and waiting in lines at amusement parks. Close your

eyes and breathe deep — it's almost like you're there.

Out There Candles' Turn Back Collection, \$20-\$40

The same quality soy candles and premium cotton wicks, but with scents that counter pandemic fatigue by reminding you how unpleasant the outside world can be. Hankering for a jaunt to San Francisco? Light up Mystery Sidewalk Urine and you won't know quite where that smell is coming from. The urine is definitely human, though.

Volcanica Bath Bombs, \$10 each

Who couldn't use a transportive spa experience in all this chaos? The combination of proprietary and semi-legal essential oils and very, very hot water evoke mild hallucinations that soothe the stress of witnessing the daily attempts of an outgoing administration to subvert the will of voters and knowing about a third of the folks in your virtual book club are fine with sacrificing your aging parents for the sake of cruising the aisles at Target without a mask. *Shhhhh*. Just watch the rising steam twist into teeny-tiny clouds and circus animals.

Burning Issues News Service, \$150 subscription

Sorting through all the news from so many sources every day — every hour! — is overwhelming. Burning Issues simplifies the media madness by delivering a paper to your doorstep on fire. Put on your robe, open your front door and there it is, in flames, its embers floating away in the breeze. Add a gift subscrip-



Shutterstock

tion for an additional \$40 and receive a burning copy of the U.S. Constitution.

Corkers Wine Club, \$500 annual subscription

Miss those wine tastings? This is a monthly wine subscription club made for the pandemic. Not only are the highly rated wines curated to fit your taste profile and delivered to your home with zero contact, they're also delivered all at once! The whole year's worth. Because fuck it.

East Wind DIY Acupuncture Kit, \$45

There are some 2,000 acupuncture points on the human body according to the very first thing that came up on Google. And the East Wind home kit has, like, 3,000 needles, so you're bound to hit something to take the edge off your chronic pain and stress. It may sound a little chancy but so does a massage or a haircut from another human being right now. And at least you'll feel something.

Chipper Popcorn Factory Trio, \$30

This, this is just a lot of popcorn. It's like an oil drum. But somebody was

bound to send popcorn and it might as well be you. And it's fine. It's salty and sweet and buttery and whoever gets it will pound it in about two days of bingeing Netflix from under the immobilizing weight of a Crusher blanket, waiting for night to fall so they can pass out again.

Nihilista 2021 Calendar, \$28

Remember how we swore 2017 would be different? How 2018 was trash and we couldn't wait for it to be over? Then we were sure there was nowhere to go but up from 2019? Haha! Ha. Yeah. Uber-minimalist stationery company Nihilista, which brought us last year's sleeper hit graphite-less pencils, has created the only calendar for what may lie ahead: twelve completely blank 11-by-17-inch, spiral-bound pages facing supersaturated blackness. No dates, no days of the week, not even little squares to fill in or make lists or ultimately pointless plans. Just month after month of looking into the void and the void looking back. Hang it vertically, lay it out like a book — either way it makes no difference.



Jennifer Fumiko Cahill (she/her) is the Journal's arts and features editor. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

Calendar Dec. 17 – 24, 2020



Submitted

Feeling musical? If you need a little pop, try **Christmas with the Beatles**, a holiday streaming concert with tribute band **Abbey Road** on **Friday, Dec. 18 at 7 p.m.** (\$12). Fa la follow along with the **Humboldt Light Opera Company** on **Saturday, Dec. 19 at 2 p.m.** as its members send **Warm Wishes from Our Family to Yours** (\$10). Zoom in for the concert at www.hloc.org and sing along to get in your seasonal caroling. The **Trinity Alps Chamber Music Festival** has **Night Music: Songs, Carols and Dreamscapes** on **Sunday, Dec. 20 at 11 a.m.** (pay what you can). Get comfortable and enjoy soprano Amy Foote and Britton Day and Ian Scarfe on piano.



File

Are we still saying things are “lit?” Because we’re blowing out all the bulbs at the **Lighted Tractor Parade** on **Sunday, Dec. 20, at 6 p.m.** as the workhorses (animal and machine) travel down **Ferndale’s Main Street** fully festooned (free). Watch it from your car or via Facebook Live at home. Head north to see what the neighbors are doing during the **McKinleyville Lighting Contest Dec. 23-25** (free). Get the map on Facebook to tour the sparkling lawns and rooftops, then find out who wins on Christmas night. The **Arcata Celebration of Lights** will have the **plaza** all a-glitter on **Friday, Dec. 18 at 5 p.m.** (free). Take your household bubble for a walk or drive around to bask in the glow.



Submitted

How about a holiday drive-thru? The **Manila Community Center** is hosting a **Winter Celebration** on **Friday, Dec. 18 from 3 to 5 p.m.** (free) where you can get a picture with **Santa** and pick up holiday crafts to do at home. (Maybe leave one by the tree for the big guy — he gets a lot of cookies.) Families who can use one get a food pantry bag, too. As always, wear masks and follow social distancing to stay on the nice list. Motor over to the **Humboldt Grange Hall** on **Saturday, Dec. 19 from 2 to 4 p.m.** for a **Drive-Thru Visit with Santa**. Ho, ho, honk! The man in red cruises the **Arcata Plaza** in a matching vintage fire truck during the **Santa Parade** on Saturday, Dec. 19 at 11 a.m. Check out the route on the Arcata Main Street Facebook page and wave with your household elves as he goes by. You know, the **Community Live Nativity** was doing distanced Christmas before it was cool. Catch the eight narrated tableaux (some with animals) on **Monday, Dec. 21 and Tuesday, Dec. 22 from 6 to 8 p.m.** starting from Buhne Street, turning south onto K Street, right onto Carson Street, then right onto J Street. If you pass the North Star, you went too far.

17 Thursday

ART

ArtBiz Virtual Online Auction. Virtual World, Internet, Online. Original and limited edition local art auction open for online viewing and bidding until Jan. 31, 2021. Hosted by Carl Johnson Co. auctioneers. www.eurekachamber.com/art-biz. 442-3738.

Artists’ Challenge. Virtual World, Internet, Online. An on-line exhibition of 315 intimately scaled artworks by 21 area artists who created 15 original works each in one month. www.inkpeople.org.

DANCE

Dances of Brazil. 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

MUSIC

James Zeller Hosts the J St. Regulars Radio Hour. 7-8 p.m. Virtual World, Internet, Online. Tune in for a heartwarming versions of classics in many genres and original tunes. Via Facebook and Instagram @creative.sanctuary. Free, donations encouraged. music@sanctuaryarcata.org. www.facebook.com/thesanctuaryarcata. (646) 245-6865.

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, Internet, Online. A Facebook group to join if you like fun group singing. Song of the day posted at 3 p.m., sing starts at 7 p.m. Free. www.facebook.com/groups/quarantine-singalong.

SPOKEN WORD

The Writers Lounge via Zoom. 7:30 p.m. Virtual World, Internet, Online. A writing workshop geared toward stand-up and comedy. Zoom Room: 857 4217 6054. Password: writers.

THEATER

Kaleidoscope Neighborhood. 6 p.m. Virtual World, Internet, Online. Dell’Arte International teacher Carlos Gallegos’ one-man show. On Facebook live. www.facebook.com/dellarteinternational/live.

FOR KIDS

Fortuna Library Recorded Readings. Virtual World, Internet, Online. Hosted by the Fortuna Branch Library on its Facebook page, www.facebook.com/HumCoLibraryFortuna.

Virtual Junior Rangers. 11:30 a.m. Virtual World, Internet, Online. North Coast Redwoods District of California State Parks offers kids’ programs and activities about coast redwoods, marine protected areas and more, plus Junior Ranger badges. Register online and watch live. www.bit.ly/NCRDVirtualJuniorRanger.

HOLIDAY EVENTS

Bayside Holiday Market. Noon-7 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. A temporary retail store with wares by 26 local artisans and crafters (who won’t be on site). Social distancing and masks required. amysalmostperfect@gmail.com. www.amysalmostperfect.com. 593-6544.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. California State Parks’ North Coast Redwoods District is broadcasting programs featuring tall trees and rugged seas from state parks via Facebook. Free. www.facebook.com/NorthCoastRedwoods.

ETC

City of Arcata Community Vision Listening Session. 5:30-7 p.m. Virtual World, Internet, Online. Feedback for city staff

will be used for future city planning efforts. Participate via Zoom link on the website. comdev@cityofarcata.org. www.cityofarcata.org. 822-5955.

COVID-19 Vaccine Community Input Sessions. 11:30 a.m. & 6 p.m. Virtual World, Internet, Online. Share feedback and concerns regarding the COVID-19 vaccine via Zoom. Register in advance. Wednesday, Dec. 16: www.zoom.us/join/register/tjErf-6opj8rHdVUDpiTtMCY04VmLDQRiMPC. Thursday, Dec. 17, 11:30 a.m.: www.zoom.us/join/register/tjEtdeCurzMuH9bNtILBG5pcZOuDK2DQCfif. Thursday, Dec. 17, 6 p.m.: www.zoom.us/join/register/tjYud-quqzMiGdJjVwMd6CDV66zWFRDBNzvA. Friday, Dec. 18: www.zoom.us/join/register/tjElduihpjwiHdXK-PIX-vWlX98FL_CTLqzc.

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. www.englishexpressemPOWERED.com.

Restorative Movement. 10:30-11:30 a.m. & 1:30-2:30 p.m. Virtual World, Internet, Online. SoHum Health presents classes focused on strength and mobility (Tuesday), and on relaxation and breath work (Thursday). Contact instructor Ann Constantino for online orientation. Free. annconstantino@gmail.com. www.sohumhealth.org. 923-3921.

18 Friday

ART

ArtBiz Virtual Online Auction. Virtual World, Internet, Online. See Dec. 17 listing.

Artists’ Challenge. Virtual World, Internet, Online. See Dec. 17 listing.

MUSIC

Christmas with the Beatles. 7 p.m. Virtual World, Internet, Online. Award-winning Beatles tribute band Abbey Road performs mash-ups of Christmas classics and Beatles faves. All ages. Livestream tickets available online. \$12. www.bellyuplive.com/abbey-road.

James Zeller Hosts the J St. Regulars Radio Hour. 7-8 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

King Maxwell Quarantine Funk #9. 9-11 p.m. Virtual World, Internet, Online. King Maxwell spins funk, soul, electro, disco, roller skating jams and boogie, and adds vocoder flavor. Free. arcatasoulpartycrew@gmail.com. www.youtube.com/watch?v=pssTRY5HLAk.

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

Shelter n Play. 6 p.m. Virtual World, Internet, Online. Public group on Facebook made up of locals. Open mic for all skill levels, all styles, everyone’s welcome to watch or perform. Sign-ups Wednesdays at noon. www.facebook.com/groups/224856781967115.

THEATER

Kaleidoscope Neighborhood. 6 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

EVENTS

The Curiosity Hour: Weekly Double Dose of Weird with Veve Decay. 8 p.m. Virtual World, Internet, Online. An evening of strange tales, live chats and parlor games hosted by Altar Ego: Curious Art & Fashion Design. www.facebook.com/events/939880849742122.

FOR KIDS

School-age Storytime. 11 a.m. Virtual World, Internet, Online. Hosted by the Arcata Branch Library via Zoom. To sign up, email sparsons@co.humboldt.ca.us or call 822-5954.

Continued on next page »

Continued from previous page

Free Estimates • Consultation • Design • New Construction

Carbonneau Ceramic Tile, Inc.
Carbonneau Custom DesignsPremium Natural Stone, Porcelain, Ceramic Tile
Commercial, Residential, New & Remodel
Old-World Craftsmanship
Competitive Pricing

2306 2nd Street, Eureka CA 95501

707-443-8842

ceramictileman.com

Remodel • Repair • Retail & Contractor Discounts Available

HOLIDAY EVENTS

2020 Winter Celebration. 3-5 p.m. Manila Community Center, 1611 Peninsula Drive. Outdoor drive-through event to get a picture with Santa, some holiday crafts to do at home and a food pantry bag for those who could use the extra help. Masks and social distancing required. See www.facebook.com/events/193861162176748 for latest information. www.manilacsd.com/Parks_and_Recreation.htm.

Arcata Celebration of Lights. 5 p.m. City of Arcata, Arcata. See the holiday lights in an around Arcata. No gathering, just walk or drive in Arcata neighborhoods and enjoy. www.facebook.com/events/398522414604131.

Bayside Holiday Market. 12-7 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. See Dec. 17 listing.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

ETC

A Call to Yarns. Noon-1 p.m. Virtual World, Internet, Online. A weekly Zoom meetup for knitters and crocheters. Sign up using the Google form for an email invitation. Free. sparsons@co.humboldt.ca.us. www.forms.gle/CkdbZSbjbckZQej89. 822-5954.

COVID-19 Vaccine Community Input Sessions. 3:30-5 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. See Dec. 17 listing.

Tabata. 5:30-6:30 p.m. Virtual World, Internet, Online. SoHum Health presents online classes with short, high intensity cardio workouts. Contact instructor Stephanie Finch by email for a link to the class. Free. sfinch40@gmail.com. www.sohumhealth.com.

19 Saturday

ART

ArtBiz Virtual Online Auction. Virtual World, Internet, Online. See Dec. 17 listing.

Artists' Challenge. Virtual World, Internet, Online. See Dec. 17 listing.

BOOKS

Reading in Place - An Online Reading Group. 1 p.m. Virtual World, Internet, Online. Sign up online for a Zoom meeting invite and the week's reading for discussion. www.forms.gle/zKymPvcDF-DG7BJEP9.

MUSIC

Warm Wishes from our Family to Yours. 2-3:30 p.m. Virtual World, Internet, Online. Join Humboldt Light Opera Company for a festive afternoon concert and sing-along. Via Zoom. www.hloc.org. \$10. info@hloc.org. www.hloc.org. 822-3319.

EmRart with James Zeller. 2-4 p.m. Virtual World, Internet, Online. Cross-platform entertainment from remote locations. James Zeller plays jazz from Arcata, and Emily Reinhart lays charcoal on birch wood in Eureka. Watch via Facebook (www.facebook.com/EmRart) or by YouTube. Free. emilyreinhart.com. www.youtube.com/channel/UCLcIGc_-RErDvHWjNBsbhIQ.

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

THEATER

Hansel and Gretel. 6 p.m. Virtual World, Internet, Online. Adapted from the Brothers Grimm fable with Dell'Arte's trademark physical performance style and original music. Performances aired on KEET Channel 13.

Kaleidoscope Neighborhood. 6 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

EVENTS

Club Triangle Streaming Saturdays. Virtual World, Internet, Online. Weekly online queer variety show. Submissions accepted daily. Post your art on social media and tag @clubtriangle. #coronoshebetadont. Free. www.facebook.com/clubtriangle707/.

FOR KIDS

Preschool Storytime. 11 a.m. Virtual World, Internet, Online. Hosted by the Arcata Branch Library via Zoom. To sign up, email sparsons@co.humboldt.ca.us or call 822-5954.

FOOD

Arcata Plaza Winter Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Every

HAPPY HOLIDAYS

NO TAX OR FREE BOX SPRING

MOORE'S Sleep World INC.

*restrictions apply. see store details

Mon-Sat 10-6
Sun 11-5

www.mooressleepworld.com

McKinleyville (707) 840-9233 Fortuna (707) 725-2222 Eureka (707) 444-2337 Arcata (707) 822-9997

ROTO-ROOTER

SEPTIC TANK SERVICE

AND AWAY GO TROUBLES DOWN THE DRAIN

24 - Hr EMERGENCY SERVICE

Not Available in Garberville

Sewer Line Replacement • Backflow Testing
Video Pipe Inspections • Water Heaters
Gas & Water Re-Pipes • Faucet Repair & Replacement
Trenchless Technology • Septic Tank Service
Fully Licensed & Insured

Servicing all of Humboldt County
1-800-GET-ROTO

Saturday, rain or shine, Humboldt County farmers gather on the plaza to share their bounty. Current COVID safety guidelines online. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

HOLIDAY EVENTS

Bayside Holiday Market. Noon-7 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. See Dec. 17 listing.

Drive-Thru Visit with Santa. 2-4 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Santa hands out sweet treats to all the kids that drive through. Please stay in vehicle. www.facebook.com/humboldt.grange.

Robo-Cat Productions Presents: Creepy Christmas. 5-7:15 p.m. Virtual World, Internet, Online. Two hours of fright-filled holiday tales. www.facebook.com/events/119024176554369.

Santa Parade. 11 a.m. Arcata. Wave from your sidewalk! Santa will ride upon Arcata's vintage fire truck in a fun, no-gathering parade across Arcata. Route to be posted at www.ArcataMainStreet.com.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. See Dec. 17 listing.

20 Sunday

ART

Arcata Sunday Art Market. 11 a.m.-4 p.m. Arcata Farmers Market (off the plaza), Eighth and I streets. Open-air market showcasing the work of local artists and crafters. Self-screen for symptoms, wear masks, keep safe distance.

ArtBiz Virtual Online Auction. Virtual World, Internet, Online. See Dec. 17 listing.

MUSIC

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

Night Music: Songs, Carols, and Dreamscapes. 11 a.m. Virtual World, Internet, Online. Trinity

Alps Chamber Music Festival presents Amy Foote, soprano, autoharp and harmonium; Britton Day, piano; Ian Scarfe, piano. Songs and carols for the season, nocturnes and Carl Vine's "Piano Sonata No. 1." Register online. pay what you can. www.TrinityAlpsCMF.org.

THEATER

Kaleidoscope Neighborhood. 6 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

HOLIDAY EVENTS

Lighted Tractor Parade. 6 p.m. Ferndale Main Street, Ferndale. Watch from your vehicle as fancifully decorated tractors, tractor-drawn wagons and horse-drawn floats depicting holiday scenes travel Main Street. Live stream on Facebook.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. See Dec. 17 listing.

21 Monday

ART

ArtBiz Virtual Online Auction. Virtual World, Internet, Online. See Dec. 17 listing.

MUSIC

James Zeller Hosts the J St. Regulars Radio Hour. 7-8 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

EVENTS

Is Technology Damaging Our Native Youth? Noon. Virtual World, Internet, Online. Two Feathers Native American Family Services' virtual forum focused on technology and its effect on Native youth. Full agenda on website and Facebook.

Reserve space at www.surveymonkey.com/r/VTN7F6N. Free. www.twofeathers-nafs.org.

HOLIDAY EVENTS

Community Live Nativity. 6-8 p.m. First Covenant Church Eureka, 2526 J St. Eight scenes (including live animals) depicting the story of Christmas to view from the safety of your car. From Buhne Street, turn south onto K Street, turn right onto Carson Street, then right onto J Street. Narration available.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. See Dec. 17 listing.

Tabata. 5:30-6:30 p.m. Virtual World, Internet, Online. See Dec. 18 listing.

22 Tuesday

ART

ArtBiz Virtual Online Auction. Virtual World, Internet, Online. See Dec. 17 listing.

COMEDY

Savage Henry's BigFish Open Mic via Zoom. 9 p.m. Virtual World, Internet, Online. Enjoy or participate in some stand-up open-mic Zoom style. Five-minute sets. Zoom: www.us02web.zoom.us/j/86421967992 Password: comedy.

MOVIES

Harmony in the Eel River Basin. 8:30 p.m. KEET TV, Channel 13, Humboldt. Documentary film about the local watershed and the surrounding forest ecosystem's health. Discussion with local experts about forest management, including controlled burns. Rebroadcast Tuesday, Dec. 22 at 8:30 p.m. at KEET's website. www.KEET.org.

MUSIC

Daniel Nickerson Hosts The J Street Regulars Radio Hour. 7-8 p.m. Virtual World, Internet, Online. Artists give a one-hour program to connect, send healing music, educate on American music history, celebrate artists of color and more. Free, donations

encouraged. music@sanctuaryarcata.org. www.facebook.com/thesanctuaryarcata.

James Zeller Hosts the J St. Regulars Radio Hour. 7-8 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

THEATER

Hansel and Gretel. 9 p.m. Virtual World, Internet, Online. See Dec. 19 listing.

FOR KIDS

Tuesday Storytime with Ms. Tamara. Virtual World, Internet, Online. Posted every Tuesday on Arcata Library's Facebook page, www.facebook.com/HumCoLibraryArcata.

HOLIDAY EVENTS

Community Live Nativity. 6-8 p.m. First Covenant Church Eureka, 2526 J St. See Dec. 21 listing.

MEETINGS

Local Homesharing Info Session. 1-1:30 p.m. Virtual World, Internet, Online. If you have a spare bedroom and could use extra income or help around the house, Northcoast Homeshare (a program of Area 1 Agency on Aging) can connect you with a compatible housemate. Join the weekly 30-minute Zoom informational session. Free. homeshare@alaa.org. zoom.us/j/2673010045?pwd=eTJvajJXaWR4eEMwOUERQlpGZHBjZz09. 442-3763 ext. 213.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. See Dec. 17 listing.

Restorative Movement. 10:30-11:30 a.m. & 1:30-2:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

23 Wednesday

ART

ArtBiz Virtual Online Auction. Virtual World, Internet, Online. See Dec. 17 listing.

COMEDY

Drive-In Comedy w/Eric Fitzgerald. 9 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Pull in behind the club, tune into 107.9 FM. No public restroom. Mask required outside vehicle. Venmo donations @Savage-Henry. www.savagehenrymagazine.com.

LECTURE

Meet the Expert. 5 p.m. Virtual World, Internet, Online. Humboldt-Del Norte Film Commissioner Cassandra Hesseltine interviews film industry professionals and discusses local filming. New videos posted to the commission's YouTube channel and social media. www.youtube.com/channel/UCsb-PoRux8OJlzuLCUNIBxiw.

MUSIC

James Zeller Hosts the J St. Regulars Radio Hour. 7-8 p.m. Virtual World, Internet, Online. See Dec.

Continued on next page »



Almquist
lumber company

WE ARE OPEN
Masks & Social
Distancing Required
Curbside Pick-up
Still Available

HOURS
M-F 8-5 • SAT 9-5
Closed Sunday

www.almquistlumber.com • 707 825-8880
5301 Boyd Rd., Arcata • Just off Giuntoli Lane at Hwy 299

17 listing.

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

EVENTS

The Curiosity Hour: Weekly Double Dose of Weird with Vee Decay. 8 p.m. Virtual World, Internet, Online. See Dec. 18 listing.

FOR KIDS

Preschool Storytime. 11 a.m. Virtual World, Internet, Online. See Dec. 19 listing.

HOLIDAY EVENTS

Mckinleyville Lighting Contest. Virtual World, Internet, Online. Three days of light shows. Awards announced the evening of Dec. 25. Map available at www.facebook.com/events/417079812630362.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. See Dec. 17 listing.

Reel Genius Virtual Trivia. 6:30-8:30 p.m. Virtual World, Internet, Online. Create a team via Face-time, Skype, Messenger, Hangouts etc., order some food and brews from the Madrone and play while dining outdoors, or enjoying takeout at home. Invite link will be posted prior to the event. www.facebook.com/events/657139721581557.

Tabata. 5:30-6:30 p.m. Virtual World, Internet, Online. See Dec. 18 listing.

Weekly Check-in with Rep. Huffman. Noon. Virtual World, Internet, Online. Rep. Jared Huffman (D-San Rafael) will hold Facebook Live check-ins to engage with his constituents on the latest updates regarding the novel coronavirus pandemic and to answer questions about the federal response. More information at www.huffman.house.gov/coronavirus. Free. www.facebook.com/rephuffman.

24 Thursday

ART

ArtBiz Virtual Online Auction. Virtual World, Internet, Online. See Dec. 17 listing.

DANCE

Dances of Brazil. 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. See Dec. 17 listing.

MUSIC

James Zeller Hosts the J St. Regulars Radio Hour. 7-8 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

Quarantine Sing-a-long. Ongoing, 7 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

SPOKEN WORD

The Writers Lounge via Zoom. 7:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

FOR KIDS

Fortuna Library Recorded Readings. Virtual World, Internet, Online. See Dec. 17 listing.

Virtual Junior Rangers. 11:30 a.m. Virtual World, Internet, Online. See Dec. 17 listing.

HOLIDAY EVENTS

Mckinleyville Lighting Contest. Virtual World, Internet, Online. See Dec. 23 listing.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. See Dec. 17 listing.

Restorative Movement. 10:30-11:30 a.m. & 1:30-2:30 p.m. Virtual World, Internet, Online. See Dec. 17 listing.

Heads Up ...

The city of Arcata seeks applicants for open seats on the Transactions and Use Tax Oversight Committee. Community members with interest or knowledge of budgets, finance, fiscal processes and relevant community needs are encouraged to apply. Drop applications off in a sealed envelope labeled “City Manager’s Office” at the city’s drop boxes, located in the city hall parking lot off of Seventh Street and next to the USPS mailbox outside city hall at 736 F St. Visit www.cityofarcata.org or call 822-5953.

The city of Arcata is offering curbside pickup and free delivery to all residents who purchase a compost bin. Backyard compost bins are available for \$25 by emailing the Environmental Services Department at eservices@cityofarcata.org or by calling 822-8184.

The city of Arcata is seeking community members for the Planning Commission. Applications may be dropped off, in a sealed envelope labeled “City Manager’s Office,” at the city’s drop boxes in the city hall parking lot and next to the USPS mailbox outside city hall. Visit www.cityofarcata.org or call 822-5953.

The Humboldt Arts Council is distributing CARES Act relief-funded grants to aid local arts organizations serving socially vulnerable populations not eligible for direct CARES Act grants. Details and application at www.humboldtarts.org/cares-act-grant-application.

The Superior Court of California, County of Humboldt is seeking additional applicants for the 2020/2021 Humboldt County Civil Grand Jury. Visit www.humboldt.courts.ca.gov or call 269-1245. Interested parties may also complete, download and email an application to: GrandJuryApps@humboldtcourt.ca.gov.

The Arcata Police Department is looking for Volunteer Patrol members. Contact Administrative Sgt. Brian Hoffman at 822-2428.

Humboldt Senior Resource Center offers low-cost firewood vouchers to households with low to moderate income seniors 55 or older. Call 443-9747, ext. 3232.

The city of Arcata seeks applicants for the Historic Landmarks Committee. Submit applications at the City Manager’s Office at Arcata City Hall. Visit www.cityofarcata.org or call 822-5953.

Whence ‘Britain’?

By Barry Evans

fieldnotes@northcoastjournal.com

“All the Britons dye themselves with woad which produces a blue color, and makes their appearance in battle more terrible.” — Julius Caesar, *De Bello Gallico*

The etymologies of the names of most countries are mostly non-controversial. “America” derives from the Italian navigator Amerigo Vespucci (1454-1512), who made two trips to the so-called New World, claiming to have discovered it. Cartographer Martin Waldseemüller apparently believed him, publishing a map in 1507 with the name *America* on what is now called South America. “Canada” comes from the Huron-Iroquois word *kanata* (village), popularized by French explorer Jacques Cartier. How about “Britain?” This is a confusing word at best, since we have Great Britain (the island comprising England, Scotland and Wales) and the British Isles (ditto, plus Ireland, the Isle of Man and some 6,000 smaller islands), while “Britain” on its own is obsolete.

In the Middle Ages, it was common knowledge that the name Britain derived from Brutus of Troy, the guy who landed on the coast of the county of Devon when giants inhabited the island. Since the giants had no weapons, they were easy prey to the arrows fired by Brutus’ men. When only their leader Goemagot was left, he was challenged to a wrestling match by the warrior Corineus, who tossed him over a cliff — you can still see the bloodstains in the red rock below Salcombe Castle in Devon! The 12th century cleric Geoffrey of Monmouth penned the tale in gory detail in his *History of the Kings of Britain*, the same book in which King Arthur is legitimized as a descendant of the Brutus.

Brutus wasn’t Geoffrey’s invention, however. We can trace that back another 300 years to the *Historia Brittonum*,



The granite Brutus Stone on which, the story goes, Trojan hero Brutus first set foot when he arrived at his eponymous island. It’s now on Totnes, Devon, Fore Street.

GNU Free Documentation License

an anonymous 9th century “historical” compilation in which Brutus is identified as a grandson of the Trojan hero Aeneas. According to Roman writer Virgil (70–19 B.C.) in his monumental poem *Aeneid*, Aeneas, son of prince Anchises and the goddess Aphrodite/Venus, was one of the few Trojans to escape when Troy fell. After many (many!) adventures worthy of epic poetry, Aeneas ended up in Italy where his son Ascanius founded the precursor of the city of Rome. In Geoffrey’s account, Brutus was exiled from Italy after accidentally killing his father in a hunting accident. He wandered all over, having the requisite passel of adventures before landing on *Totonesium litus*, the coast of Totnes in Devon, hence the Brutus Stone on Totnes’ Fore Street. Brutus, having given his own name to the island (and Corineus’ name to Cornwall) went on to found the city of Troia Nova (New Troy) on the banks of the River Thames. The name corrupted to Trinovantum before it was called London.

So much for legends. Trinovantum actually derives from the Trinovantes people of Iron Age Britain. As for Brutus, he seems to have been a much later invention than Virgil’s *Aeneid*. The name “Britain” probably derives from the Celtic word *Pretani*, meaning “painted ones” (see the quote above), surviving in the modern Welsh name for Great Britain, *Prydain*. The Greek explorer Pytheas of Massalia, voyaging to northwest Europe around 325 B.C., may have been the first to link Pretani with the Britannic islands.

I think I’ll stick to the United Kingdom.

●
Barry Evans (*he/him*, barryevans9@yahoo.com) needs very little encouragement to give a spirited a cappella rendition of the song “Woad” (the blue dye used by ancient Britons to decorate their bodies).



I was rooting for you, Texas, we were all rooting for you!
Black Bear

Straycation

Black Bear

By David Jervis

screens@northcoastjournal.com

BLACK BEAR. There are a lot of things movies have done with homes out in the country, from *Mr. Blandings Builds His Dream House* through *Withnail and I*, and now with *Black Bear*. Lawrence Michael Levine's film made a big splash at Sundance back around the start of this year (which of course now feels like it was in about 1983) and for good reason. An away-from-the-city setting can be a good fish-out-of-water story for sheer comedy or for unsettling terror. *Black Bear* manages to not fall under either of those headings and it would be hard to find one under which to file it — one of its boldest strengths.

Actor-director Levine made 2014's *Wild Canaries* and is also known as the spouse of filmmaker Sophia Takal, who in recent years directed *Gabi on the Roof* in July and last year's memorable remake of the 1970s cult classic *Black Christmas*. *Canaries* certainly defied any easy characterization and, without giving too much away, that applies here, too. Offbeat psychodrama? Comic thriller? Trippy, Mobius strip-style narrative, only kinda not so? Sure, take your pick. Just see it and find out.

Other than its aforementioned setting, which in this case is an impressively

sprawling and yet also claustrophobic and unfriendly house in the Adirondack country of upstate New York, *Black Bear*'s real punch comes from lead Aubrey Plaza. Plaza's career over the past decade has wound from TV to indie films, both in supporting roles and the occasional lead, with varying results. She's worked mostly in comedy (and survived the Humboldt-filmed, er, peculiarity that was *An Evening With Beverly Luff Linn*, 2018). But this is a real breakout role. Plaza has a deadpan sensibility that's nearly visible from space but she also possesses eyes capable of a hair-raising range of expression. Here she's the first face and last face you see onscreen, wordlessly, and what she does in between propels the movie along.

Actress-turned-director Allison arrives at the remote estate and is greeted by Gabe (Christopher Abbott, quite sharp here, as he was in a couple of seasons of HBO's *Girls*), who is instantly a little flirty. This seems less than appropriate as the two walk up the road to the three-story house and are greeted by Gabe's pregnant partner Blair (Sarah Gadon). The house has been in Gabe's family for decades, and he and Sarah, refugees from New York City, are apparently trying to make their mansion and boat house into a sort of Airbnb for big-city creative types. In the first 20 minutes, it's not only rather clear that this business plan may not be the greatest idea, but that Gabe and Blair themselves as a couple and soon-to-be parents seem to be on far shakier underpinnings. Why they left the city in the first place seems to be something even they can't agree

upon in their telling of it to Allison. Gabe "used to be a musician," says Blair ("I still am," he's quick to emphatically correct) and her career as a dancer and whatever else is a little murky. Blair drinks more wine than Gabe would like with the dinner that Gabe makes with little joy, and a George-and-Martha dynamic sets in.

How Allison's arrival plays into this tension is interesting from her opening exchange of perfunctory, cautiously hollow compliments with Blair ("You're so pretty!" "I love your bag!"). And Allison doesn't help things with her blunt answers and obtuse, maybe kidding/maybe not answers to Blair's queries. Says Blair to Allison, nearly as a confrontation, "You're really hard to read," to which Allison replies drolly, "I get that all the time." There's a clear, undeniable attraction toward Allison coming from an unhappy (and even flirtier) Gabe, and to say there is a plot pivot mid-film doesn't do it justice. No spilling the beans here but think *The French Lieutenant's Woman* (1981). OK, enough hints (I prefer that over "spoiler"). The movie is unnerving and bracingly funny at times, and Plaza has inched up to a new level, going to some places with this role she hasn't gone before in any comedies, and with this film, Levine should hopefully get on the radar above festival buzz.

Oh, and there is indeed a black bear in this movie. When you're out in the boonies, they're there. Along with uneasy people. R. 106 minutes. NETFLIX.

David Jervis (he/him) is an Arcata-based freelance writer and editor.

Support your Local Brewery

AVAILABLE AT YOUR FAVORITE LOCAL MARKET!

Stop in and shop at our Humboldt Made Marketplace!
Support Local Businesses
#ChooseHumboldt

SIX RIVERS BREWERY
SMALL BATCH CRAFT BEER • RESTAURANT

1300 CENTRAL AVE
MCKINLEYVILLE
SIXRIVERSBREWERY.COM

NCJ
NORTH COAST JOURNAL OF POLITICS, PEOPLE AND ART

Happy Holidays from the North Coast Journal

We will be Closed Christmas day, Friday, Dec. 25th and Closed New Year's day, Friday, Jan. 1st

Please submit your copy by 5 p.m. Thursday, Dec. 24th for the Dec. 31, 2020 edition, and 5 p.m. Thursday, Dec. 31st for the Jan. 7, 2021 edition.

WORKSHOPS & CLASSES

List your class – just \$4 per line per issue! Deadline: Friday, 5pm.

Place your online ad at classified.northcoastjournal.com or e-mail: classified@northcoastjournal.com

Listings must be paid in advance by check, cash or Visa/MasterCard. Many classes require pre-registration.

Dance/Music/Theater/Film

GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-1231)

REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA. Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876 www.redwoodraks.com (D-1231)

Fitness

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1231)

50 and Better

OLLI ONLINE CLASSES: Shelter in place but stay connected with OLLI. Get more information or register @HSUOLLI (O-1231)

Spiritual

EVOLUTIONARY TAROT Ongoing Zoom classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com (S-1231)

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-1231)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1231)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (T-1231)

SMARTRECOVERY.ORG 707-267-7868 (T-1231)

Vocational

ADDITIONAL ONLINE CLASSES - Are you looking for an online class? College of the Redwoods Community Education and Ed2GO have partnered to offer a variety of short term and career courses in an online format Visit: <https://www.redwoods.edu/communityed/Detail/ArtMID/17724/ArticleID/4916/Additional-Online-Courses> or call College of the Redwoods at (707)476-4500 (V-1217)

FREE AMERICAN SIGN LANGUAGE CLASS visit <https://www.redwoods.edu/adulted> or Call College of the Redwoods at 707-476-4520 for more information and to register. (V-0116)

FREE BEGINNING LITERACY WITH ESL CLASS visit <https://www.redwoods.edu/adulted> or Call College of the Redwoods at 707-476-4520 for more information and to register. (V-0116)

FREE COMPUTER SKILLS CLASS visit <https://www.redwoods.edu/adulted> or Call College of the Redwoods at 707-476-4520 for more information and to register. (V-0116)

FREE ENGLISH AS A SECOND LANGUAGE CLASS visit <https://www.redwoods.edu/adulted> or Call College of the Redwoods at 707-476-4520 for more information and to register. (V-0116)

FREE GED/HISET PREPARATION CLASSES visit <https://www.redwoods.edu/adulted> or Call College of the Redwoods at 707-476-4520 for more information and to register. (V-0116)

FREE LIVING SKILLS FOR ADULTS WITH DISABILITIES CLASSES visit <https://www.redwoods.edu/adulted> or Call College of the Redwoods at 707-476-4520 for more information and to register. (V-0116)

FREE WORKPLACE SKILLS CLASSES visit <https://www.redwoods.edu/adulted> or Call College of the Redwoods 707-476-4520 for more information and to register. (V-0116)

INJECTIONS Jan 24, 2021 Visit: <https://www.redwoods.edu/communityed/Register-for-Courses> or call College of the Redwoods at (707)476-4500 (V-1217)

IV THERAPY Jan 4 - 6 OR Jan 11-13, 2021 Visit: <https://www.redwoods.edu/communityed/Register-for-Courses> or call College of the Redwoods at (707)476-4500 (V-1217)

MEDICAL ASSISTANT PROGRAM ONLINE INFO MEETING Jan 6, 2021 Visit: <https://www.redwoods.edu/communityed/Detail/ArtMID/17724/ArticleID/3706/Medical-Assistant-Program> or call College of the Redwoods at (707)476-4500 (V-1217)

MEDICAL BILLING AND CODING SPECIALIST Online Info Meetings Jan 23 OR 28 2021 Visit: <https://www.redwoods.edu/communityed/Detail/ArtMID/17724/ArticleID/5110/Medical-Billing-and-Coding-Specialist> or call College of the Redwoods at (707)476-4500 (V-1217)

PHARMACY TECHNICIAN Online Info Meetings Feb 6 OR 18, 2021 Visit: <https://www.redwoods.edu/communityed/Detail/ArtMID/17724/ArticleID/3704/Pharmacy-Technician> or call College of the Redwoods at (707)476-4500 (V-1217)

REAL ESTATE CORRESPONDENCE Become a Real Estate Agent. Start Anytime! Visit: <https://www.redwoods.edu/communityed/Real-Estate> or call College of the Redwoods at (707)476-4500 (V-1217)

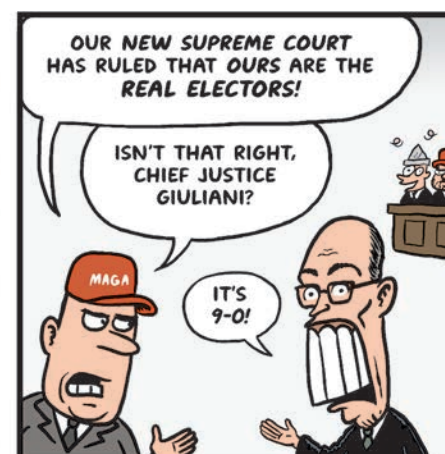
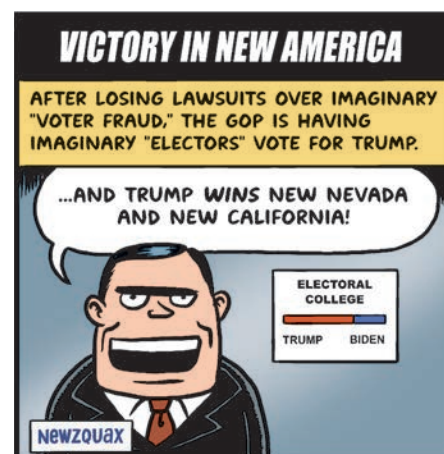
VENIPUNCTURE Jan 31, 2021 Visit: <https://www.redwoods.edu/communityed/Register-for-Courses> or call College of the Redwoods at (707)476-4500 (V-1217)

Wellness & Bodywork

2021 AYURVEDA COURSES WITH TRACI WEBB & GUESTS. Online @ Ayurvedic Living School
* Ayurveda Foundations & Nutrition: Starts Jan 13. (Part 1 of Ayurveda Health & Life Coach Training)
* Ayurveda Herbalist Training: Starts Feb. 2
* "Ayurvedic Mentorship" Starts March 4
Learn ancient ayurvedic wisdom + modern psychology & life skills. Evolve Your Health, Relationships & Life. Launch a career aligned w/your purpose and passion! Ayurveda is the Nurturing Mother of All Medicines. Empowering the Feminine to Rise for 5000 Years! Details on website: www.ayurvedicliving.com
Email: info@ayurvedicliving.com (W-0121)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs. January 20 - March 10, 2021, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. Call or email for more info. 10-Month Herbal Studies Program. Feb - Nov 2021. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Register online www.dandelionherb.com or call (707) 442-8157. harvesting. Register online www.dandelionherb.com or call (707) 442-8157. (W-0121)

NCJ CARTOONS



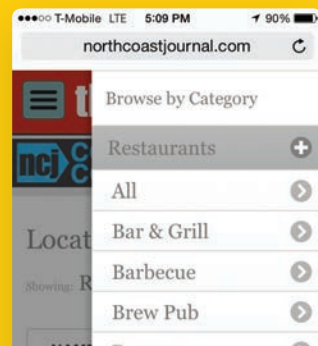
RESTAURANTS A-Z

400+ LOCATIONS

Search by food type, region and price.

Browse descriptions, photos and menus.

northcoastjournal.com



Free Will Astrology

Week of Dec. 17, 2020

By Rob Breznsy

freewillastrology@freewillastrology.com

ARIES (March 21-April 19): Temporary gods are deities who come alive and become available for particular functions, and are not otherwise necessary or called upon. For instance, in ancient Greece, the god Myiagros showed up when humans made sacrifices to the goddess Athena. His task was to shoo away flies. I encourage you to invent or invoke such a spirit for the work you have ahead of you. And what's that work? 1. To translate your recent discoveries into practical plans. 2. To channel your new-found freedom into strategies that will ensure freedom will last. 3. To infuse the details of daily life with the big visions you've harvested recently. What will you name your temporary god?

TAURUS (April 20-May 20): Author Virginia Woolf said that we don't wholly experience the unique feelings that arise in any particular moment. They take a while to completely settle in, unfold, and expand. From her perspective, then, we rarely "have complete emotions about the present, only about the past." With that as your starting point, Taurus, I invite you to take a journey through the last 11 months and thoroughly evolve all the emotions that weren't entirely ripe when they originally appeared. Now is an excellent time to deepen your experience of what has already happened; to fully bloom the seeds that have been planted.

GEMINI (May 21-June 20): "Wonder is a bulky emotion," writes author Diane Ackerman. "When you let it fill your heart and mind, there isn't room for anxiety, distress, or anything else." I'd love for you to use her observation as a prescription in 2021, Gemini. According to my understanding of the coming year's astrological portents, you will have more natural access to wonder and amazement and awe than you've had in a long time. And it would make me happy to see you rouse those primal emotions with vigor—so much so that you drive away at least some of the flabby emotions like anxiety, which are often more neurotic than real.

CANCER (June 21-July 22): I'll use the words of Cancerian painter Frida Kahlo to tell you the kind of intimate ally you deserve. If for some inexplicable reason you have not enjoyed a relationship like this before now, I urge you to make 2021 the year that you finally do. And if you HAVE indeed been lucky in this regard, I bet you'll be even luckier in 2021. Here's Frida: "You deserve a lover who wants you disheveled . . . who makes you feel safe . . . who wants to dance with you . . . who never gets tired of studying your expressions . . . who listens when you sing, who supports you when you feel shame and respects your freedom . . . who takes away the lies and brings you hope."

LEO (July 23-Aug. 22): In 2019, singer Ariana Grande got Japanese characters tattooed on her palm. She believed them to be a translation of the English phrase "7 Rings," which was the title of a song she had released. But knowledgeable observers later informed her that the tattoo's real meaning was "small charcoal grill." She arranged to have alterations made, but the new version was worse: "Japanese barbecue grill finger." I offer you this story for two reasons, Leo. First, I applaud the creativity and innovative spirit that have been flowing through you. Second, I want to make sure that you keep them on the right track—that they continue to express what you want them to express. With proper planning and discernment, they will.

VIRGO (Aug. 23-Sept. 22): While sleeping, most of us have over a thousand dreams every year. Many are hard to remember and not worth remembering. But a beloved few can be life-changers. They have the potential to trigger epiphanies that transform our destinies for the better. In my astrological opinion, you are now in a phase when such dreams are more likely than usual. That's why I invite you to keep a recorder or a pen and notebook by your bed so as to capture them. For inspiration, read this testimony from Jasper Johns, whom some call America's "foremost living artist": "One night I dreamed that I painted a large American

flag, and the next morning I got up and I went out and bought the materials to begin it." Painting flags ultimately became one of Johns' specialties.

LIBRA (Sept. 23-Oct. 22): I composed a prayer that's in alignment with your current astrological omens. If it feels right, say it daily for the next ten days. Here it is: "Dear Higher Self, Guardian Angel, and Future Me: Please show me how to find or create the key to the part of my own heart that's locked up. Reveal the secret to dissolving any inhibitions that interfere with my ability to feel all I need to feel. Make it possible for me to get brilliant insights into truths that will enable me to lift my intimate alliances to the next level."

SCORPIO (Oct. 23-Nov. 21): Author Herman Hesse observed, "Whoever wants music instead of noise, joy instead of pleasure, soul instead of gold, creative work instead of business, passion instead of foolery, finds no home in this trivial world." I hope you will prove him wrong in 2021, Scorpio. According to my reading of astrological omens, the rhythms of life will be in alignment with yours if you do indeed make bold attempts to favor music over noise, joy over pleasure, soul over gold, creative work over business, passion over foolery. Moreover, I think this will be your perfect formula for success—a strategy that will guarantee you'll feel at home in the world more than ever before.

SAGITTARIUS (Nov. 22-Dec. 21): According to researcher Nick Watts and his documentary film *The Human Footprint*, the average person speaks more than 13 million words in a lifetime, or about 4,300 per day. But I suspect and hope that your output will increase in 2021. I think you'll have more to say than usual—more truths to articulate, more observations to express, more experiences to describe. So please raise your daily quota of self-expression to account for your expanded capacity to share your intelligence with the world.

CAPRICORN (Dec. 22-Jan. 19): "Our thinking should have a vigorous fragrance, like a wheat field on a summer's night," wrote philosopher Friedrich Nietzsche. I encourage you to adopt that joyful mandate as your own. It's a perfect time to throw out stale opinions and moldy ideas as you make room for an aromatic array of fresh, spicy notions. To add to your bliss, get rid of musty old feelings and decaying dreams and stinky judgments. That brave cleansing will make room for the arrival of crisp insights that smell really good.

AQUARIUS (Jan. 20-Feb. 18): Have you heard the term "catastrophize"? It refers to when people experience a small setback or minor problem but interpret it as being a major misfortune. It's very important that you not engage in catastrophizing during the coming weeks. I urge you to prevent your imagination from jumping to awful conclusions that aren't warranted. Use deep breathing and logical thinking to coax yourself into responding calmly. Bonus tip: In my view, the small "setback" you experience could lead to an unexpected opportunity—especially if you resist the temptation to catastrophize.

PISCES (Feb. 19-March 20): My Buddhist friend Marcia says the ultimate goal of her meditation practice is to know that the material world is an illusion and that there is no such thing "I" or "you," no past or future. There is only the quality-less ground of being. My Sufi friend Roanne, on the other hand, is a devotee of the poet Rumi. The ultimate goal of her meditation practice is to be in intimate contact, in tender loving communion, with the Divine Friend, the personal face of the Cosmic Intelligence. Given your astrological omens, Pisces, I'd say you're in a prime position to experience the raw truth of both Marcia's and Roanne's ideals. The coming days could bring you amazing spiritual breakthroughs! ●

CROSSWORD by David Levinson Wilk

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20							21			22		23		
24					25	26	27				28			
				29					30					
31	32	33			34		35			36			37	38
39					40			41	42					
43								44			45			
				46			47	48		49		50		
51	52						53					54	55	56
57					58					59	60			
61				62		63			64	65				
66						67					68			
69						70					71			

FLORIDA MAN • ANSWERS NEXT WEEK!

- ACROSS
1. Yellow or chocolate dogs

5. Easy _____

10. Pokémon that evolves to Kadabra

14. Overabundance

15. One of the Obamas

16. Only graphic novel to win a Pulitzer Prize (awarded 1992)

17. Headline: "Florida Man" is '80s singer!!

19. Swedish pop quartet that won the 1974 Eurovision contest

20. Off-limits

21. Berlin's _____ Nationalgalerie

23. Yang's partner

24. Alphabet run

25. Headline: "Florida Man" is beloved film character!!

29. Prefix with novela

30. Jason of "How I Met Your Mother"

31. "When _____ eat?"

34. Funny Gasteyer

36. Actress Linney of Netflix's "Ozark"

39. Headline: "Florida Man" is folk legend!!

43. TALK LIKE THIS!

44. _____ go poker

45. Law firm figs.

46. Mountain ridge

49. Large selfie snapper

51. Headline: "Florida Man" is tennis star!!

54. Prez who said "Repetition does not transform a lie into the truth"

57. "Wha?"

58. Variety

59. "Buh-bye!"

61. Mineralogists

study them

63. Headline: "Florida Man" is two-time Booker Prize nominee!!

66. "Me neither"

67. Not estos or esos

68. Group led by Master Splinter, initially

69. French/Belgian river

70. Zachary, for daiquiri, e.g.

71. Sonic the Hedgehog creator
- DOWN
1. Rainbow flag letters

2. "Are you calling me _____?"

3. Light sources

4. D-Day invasion city

5. Latin "I love"

6. Cul-de-_____

7. Bad thing to spring

8. Polish rolls

9. "No way!"

10. Org. for docs

11. Dreamy eyes, informally

12. Florida senator Marco

13. Yoga pose

18. Days of _____

22. Philadelphia NFLer

26. Skin care brand that sounds like a cheer

27. WWE legend John

28. Didn't buy, say

29. New professor's goal

31. Dance club VIPs

32. "That's going to leave a mark!"

33. "Just one cotton-pickin' minute!"

35. Tinder or Venmo

37. Like core courses: Abbr.

38. Podcast interruptions

40. Modern mil. treaty

41. Two queens, e.g.

42. "New Rules" singer Dua _____

47. Julie with two Tonys for "The Lion King"

48. One good at reading emotions

50. Org.

51. Kind of person Holden Caulfield detests

52. Continental cash

53. Katy who voiced Smurfette in "The Smurfs"

54. _____ fatale

55. Like a phone down to 1%

56. Jamaican who follows Jah

60. Digs in

62. Title for Daniel Day-Lewis

64. Seaver or Selleck

65. Advert's ending?

LAST WEEK'S ANSWERS TO BACK DOWN

S	C	O	T		B	A	C	K		E	G	A	D				
M	A	U	I		Y	E	A	S	T		A	R	N	O			
A	N	T	E		P	O	N	T	I		S	I	T	S			
U	S	S	R		A	N	E	A	R		E	L	S	E			
G	O	K	A	R	T		D	R	E	V	I	L					
					I	C	A	H	N		D	A	N				
J	E	R	K	Y		E	W	E	L	L		D	I	P			
A	P	T			D	O	W	R	Y			E	V	E			
W	A	S			K	U	N	I	S		W	A	T	E	R		
					S	A	L			E	L	A	T	E			
					B	I	L	L	I	E		I	R	E	N	E	S
P	L	A	N			I	T	C	A	N		I	T	E	M		
R	I	N	G			S	H	O	C	K		N	I	N	A		
O	P	E	L			H	A	N	O	I		T	O	I	L		
B	O	S	E			D	O	W	N		O	N	E	L			

www.sudoku.com

su | do | ku

© Puzzles by Pappocom

VERY EASY #24

9		5	8			7			
	7	8		5			2	1	
4	1				6			8	
	3			7	9		2		
				5		1			
		6		2	3			5	
8			6				4	2	
2	9			4		8	6		
		1			5	3		9	

Homework: Carry out an act of love that's unique in your history. Testify at FreeWillAstrology.com.

AMENDED NOTICE OF PETITION TO ADMINISTER ESTATE OF CONCEPCION CAMPOS HUSBANDS, a/k/a CONNIE HUSBANDS CASE NO. PR2000294

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of CONCEPCION CAMPOS HUSBANDS, a/k/a CONNIE HUSBANDS

A PETITION FOR PROBATE has been filed by Petitioner PAUL HUSBANDS

In the Superior Court of California, County of Humboldt. The petition for probate requests that PAUL HUSBANDS be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on January 14, 2021 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.

Effective Monday, May 18, 2020, Humboldt Superior Court resumed Probate calendars using remote video and phone conferencing. Due to the COVID-19 pandemic, if you wish to appear at the court hearing, you must do so remotely. Instructions to appear remotely are set forth on the Court's website: www.humboldt.courts.ca.gov.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an

attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER: James D. Poovey, Inc. 937 6th Street Eureka, CA 95501 707-443-6744 Filed: December 7, 2020 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

12/10, 12/17, 12/24 (20-317)

NOTICE OF PETITION TO ADMINISTER ESTATE OF JEFFREY BRYAN BOYDSTUN CASE NO. PR2000289

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of JEFFREY BRYAN BOYDSTUN A PETITION FOR PROBATE has been filed by Petitioner DOUGLAS JOHNSON

In the Superior Court of California, County of Humboldt. The petition for probate requests that DOUGLAS JOHNSON be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on December 31, 2020 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.

Effective Monday, May 18, 2020, Humboldt Superior Court resumed Probate calendars using remote video and phone conferencing. Due to the COVID-19 pandemic, if you wish to appear at the court hearing, you must do so remotely. Instructions to appear remotely are set forth on the Court's website: www.humboldt.courts.ca.gov.

IF YOU OBJECT to the granting of

the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER: James D. Poovey 937 6th Street Eureka, CA 95501 707-443-6744 Filed: November 25, 2020 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

12/3, 12/10, 12/17 (20-310)

NOTICE OF PETITION TO ADMINISTER ESTATE OF MICHAEL JOSEPH NICKLIN, a/k/a MIKE NICKLIN CASE NO. PR2000295

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of MICHAEL JOSEPH NICKLIN, a/k/a MIKE NICKLIN A PETITION FOR PROBATE has been filed by Petitioner MATHIAS K. NICKLIN

In the Superior Court of California, County of Humboldt. The petition for probate requests that MATHIAS K. NICKLIN be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good

cause why the court should not grant the authority.

A HEARING on the petition will be held on January 14, 2021 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.

Effective Monday, May 18, 2020, Humboldt Superior Court resumed Probate calendars using remote video and phone conferencing. Due to the COVID-19 pandemic, if you wish to appear at the court hearing, you must do so remotely. Instructions to appear remotely are set forth on the Court's website: www.humboldt.courts.ca.gov.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER: James D. Poovey, Inc. 937 6th Street Eureka, CA 95501 707-443-6744 Filed: December 3, 2020 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

12/10, 12/17, 12/24 (20-318)

NOTICE OF PETITION TO ADMINISTER ESTATE OF JAMES GOLDEN TAYLOR CASE NO. PR2000304

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of JAMES GOLDEN TAYLOR, JAMES G. TAYLOR, and JAMES TAYLOR A PETITION FOR PROBATE has been filed by Petitioner HANNAH ROSE TAYLOR

In the Superior Court of California, County of Humboldt. The petition for probate requests that HANNAH ROSE TAYLOR be appointed as

personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on January 21, 2021 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER: Daniel E. Cooper Morrison, Morrison & Cooper Filed: December 11, 2020 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

12/17, 12/24, 12/31 (20-323)

NOTICE OF PETITION TO ADMINISTER ESTATE OF VAL THOMAS LEONE CASE NO. PR2000300

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of VAL THOMAS LEONE A PETITION FOR PROBATE has been filed by Petitioner STEVEN KRAMER In the Superior Court of California,

County of Humboldt. The petition for probate requests that STEVEN KRAMER be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on January 7, 2021 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.

For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER: Jocelyn M. Godinho, Esq. Law Office of Hjerpe & Godinho, LLP 350 E Street, 1st Floor Eureka, CA 95501 (707) 442-7262 Filed: December 8, 2020 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

12/17, 12/24, 12/30 (20-322)

THE HUMBOLDT COUNTY BOARD OF EDUCATION IS CURRENTLY SEEKING APPLICANTS FOR AN OPEN BOARD SEAT IN TRUSTEE AREA 5*.

*The County Board is in the process of appointing a new board member to the County Board of Education. The vacancy is in Supervisory District 5. Trustee Area 5 consists of the area north of the Mad River Bridge on Highway 101, including McKinleyville, Fieldbrook, Trinidad, Westhaven, Big Lagoon, Orick, and north to the Del Norte County border. The mouth of the Mad River is in the Fifth District. To the east on Highway 299, the district includes Blue Lake, Korbel, Willow Creek, and communities to the Trinity County border. To the northeast on Highway 96 to the Siskiyou County border, the district includes Hoopa, Weitchpec and Orleans. School Districts: Arcata, Big Lagoon, Blue Lake, Green Point, Fieldbrook, Klamath-Trinity, Maple Creek, McKinleyville, Northern Humboldt, Orick, Pacific Union, Trinidad. An eligible candidate must reside in Trustee Area 5 and be a citizen of California, at least 18 years old, a registered voter, and not employed by the Humboldt County Office of Education. If interested, please submit a letter explaining interest in serving on the Board along with a brief resume of qualifications to serve. The letter and resume must be received by Humboldt County Superintendent of Schools, Chris Hartley, Ed.D., Humboldt County Office of Education, 901 Myrtle Avenue, Eureka, CA 95501 no later than 3:00 p.m. January 11, 2021. Eligible applicants will be interviewed at the public meeting of the Humboldt County Board of Education January 13, at 3:00 p.m. Each applicant will be asked to make a personal statement and answer questions from the Board. The successful applicant will be seated at the Board of Education meeting February 10, 2021 and the term runs through November 2022 . For more information, please contact Hannah Gossi at (707) 445-7030 or hgossi@hcoe.org. Prior to applying, please verify residency by contacting the Humboldt County Elections Office at (707) 445-7481 or 2426 6th Street, Eureka. Chris Hartley, Ed.D. Superintendent of Schools

12/17, 12/24, 12/31 (20-319)

FICTITIOUS BUSINESS NAME STATEMENT 20-00538
The following person is doing Business as
LOCO LOAN SIGNINGS

Humboldt
576 Main St
Fortuna, CA 95540

Sharleign Zavaglia
576 Main St
Fortuna, CA 95540

The business is conducted by an

Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Sharleigh Zavaglia, Owner
This October 30, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

11/26, 12/3, 12/10, 12/17 (20-294)

FICTITIOUS BUSINESS NAME STATEMENT 20-00566
The following person is doing Business as
JEFFERSON STATE TRADING CO

Humboldt
2729 Sunnygrove Ave
McKinleyville, CA 95519

PO Box 2102
McKinleyville, CA 95519

Peter P Leipzig
2729 Sunnygrove Ave
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on November 9, 2020 I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Peter Leipzig, Owner
This November 17, 2020
KELLY E. SANDERS
by kt, Humboldt County Clerk

11/26, 12/3, 12/10, 12/17 (20-299)

FICTITIOUS BUSINESS NAME STATEMENT 20-00567
The following person is doing Business as
REDWOOD COAST NOTARY

Humboldt
2239 Freshwater Road
Eureka, CA 95503

Melissa A Morwood
2239 Freshwater Road
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to

Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Melissa A Morwood, Owner, Notary Public
This November 10, 2020
KELLY E. SANDERS
by kt, Humboldt County Clerk

12/3, 12/10, 12/17, 12/24 (20-309)

FICTITIOUS BUSINESS NAME STATEMENT 20-00578
The following person is doing Business as
METAPHYSICAL SCIENCES UNIVERSITY

Humboldt
4779 Valley East Blvd, Ste 2
Arcata, CA 95521

PO Box 4505
Arcata, CA 95518

Wisdom of the Heart Church
CA A0689580
4779 Valley East Blvd, Ste 2
Arcata, CA 95521

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Christine Breese, CEO
This November 24, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

12/10, 12/17, 12/24, 12/31 (20-316)

FICTITIOUS BUSINESS NAME STATEMENT 20-00611
The following person is doing Business as
THE WATER BAR

Humboldt
107 Mayfair Street
Willow Creek, CA 95573

PO Box 715
Weaverville, CA 96093

Amber E Carman
381 Masonic Lane
Weaverville, CA 96093

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a

misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Amber E Carman, Owner
This December 11, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

12/17, 12/24, 12/31, 1/7 (20-326)

FICTITIOUS BUSINESS NAME STATEMENT 20-00599
The following person is doing Business as
BOOKLEGGER

Humboldt
402 Second Street
Eureka, CA 95501

Jennifer E McFadden
114 Chartin Rd
Blue Lake, CA 95525

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jennifer McFadden, Business Owner
This December 7, 2020
KELLY E. SANDERS
by th, Humboldt County Clerk

12/17, 12/24, 12/31, 1/7 (20-321)

FICTITIOUS BUSINESS NAME STATEMENT 20-00600
The following person is doing Business as
REBEL STRENGTH & WELLNESS

Humboldt
2120 Bigham Court
Eureka, CA 95503

Rebel Fitness & Nutrition LLC
CA 201900110554
2120 Bigham Court
Eureka, CA 95503

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Katie Berrey
This December 2, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

12/17, 12/24, 12/31, 1/7 (20-324)

FICTITIOUS BUSINESS NAME STATEMENT 20-00606
The following person is doing Business as
A. HARWICH CONSTRUCTION AND REMODELING

Humboldt
590 Guido Ave
Fortuna, CA 95540

Andrew D Harwich
590 Guido Ave
Fortuna, CA 95540

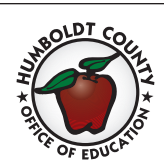
The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Andrew Harwich, Owner
This December 9, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

12/17, 12/24, 12/31, 1/7 (20-325)

LEGALS?
442-1400 *314

ORDER TO SHOW CAUSE FOR CHANGE OF NAME MARA AMARI FEY BELLA CASE NO. CV2001286 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501

PETITION OF:
MARA AMARI FEY BELLA
for a decree changing names as follows:
Present name
MARA AMARI FEY BELLA
to Proposed Name
MARA AMARI FEY BENSON
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: January 8, 2021
Time: 1:45 p.m., Dept. 4
For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>
SUPERIOR COURT
OF CALIFORNIA,



THE HUMBOLDT COUNTY BOARD OF EDUCATION IS CURRENTLY SEEKING APPLICANTS FOR AN OPEN BOARD SEAT IN TRUSTEE AREA 5*.

*The County Board is in the process of appointing a new board member to the County Board of Education.

The vacancy is in Supervisory District 5.

Trustee Area 5 consists of the area north of the Mad River Bridge on Highway 101, including McKinleyville, Fieldbrook, Trinidad, Westhaven, Big Lagoon, Orick, and north to the Del Norte County border. The mouth of the Mad River is in the Fifth District. To the east on Highway 299, the district includes Blue Lake, Korbel, Willow Creek, and communities to the Trinity County border. To the northeast on Highway 96 to the Siskiyou County border, the district includes Hoopa, Weitchpec and Orleans.

School Districts: Arcata, Big Lagoon, Blue Lake, Green Point, Fieldbrook, Klamath-Trinity, Maple Creek, McKinleyville, Northern Humboldt, Orick, Pacific Union, Trinidad

An eligible candidate must reside in Trustee Area 5 and be a citizen of California, at least 18 years old, a registered voter, and not employed by the Humboldt County Office of Education.

If interested, please submit a letter explaining interest in serving on the Board along with a brief resume of qualifications to serve. The letter and resume must be received by Humboldt County Superintendent of Schools, Chris Hartley, Ed.D., Humboldt County Office of Education, 901 Myrtle Avenue, Eureka, CA 95501 no later than 3:00 p.m. January 11, 2021.

Eligible applicants will be interviewed at the public meeting of the Humboldt County Board of Education January 13, at 3:00 p.m. Each applicant will be asked to make a personal statement and answer questions from the Board. The successful applicant will be seated at the Board of Education meeting February 10, 2021 and the term runs through November 2022 .

For more information, please contact Hannah Gossi at (707) 445-7030 or hgossi@hcoe.org

Prior to applying, please verify residency by contacting the Humboldt County Elections Office at (707) 445-7481 or 2426 6th Street, Eureka.

Chris Hartley, Ed.D.
Superintendent of Schools

LEGAL NOTICES

COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: November 23, 2020
Filed: November 24, 2020
/s/ Kelly L. Neel
Judge of the Superior Court
12/3, 12/10, 12/17, 12/24 (20-313)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CARL MANN CASE NO. CV2001250 SUPERIOR COURT OF CALI- FORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501

PETITION OF:
CARL MANN
for a decree changing names as
follows:
Present name
CARL MANN
to Proposed Name
CARL SANCHEZ
THE COURT ORDERS that all
persons interested in this matter
appear before this court at the
hearing indicated below to show
cause, if any, why the petition for
change of name should not be
granted. Any person objecting to
the name changes described above
must file a written objection that
includes the reasons for the objec-
tion at least two court days before
the matter is scheduled to be heard
and must appear at the hearing to
show cause why the petition should
not be granted. If no written objec-
tion is timely filed, the court may

grant the petition without a
hearing.
NOTICE OF HEARING
Date: January 8, 2021
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: November 17, 2020
Filed: November 20, 2020
/s/ Kelly L. Neel
Judge of the Superior Court
12/3, 12/10, 12/17, 12/24 (20-311)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME RAEANA MANN CASE NO. CV2001249 SUPERIOR COURT OF CALI- FORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501

PETITION OF:
RAEANA MANN
for a decree changing names as
follows:
Present name
RAEANA MANN
to Proposed Name
RAENA SANCHEZ
THE COURT ORDERS that all
persons interested in this matter
appear before this court at the
hearing indicated below to show
cause, if any, why the petition for
change of name should not be
granted. Any person objecting to
the name changes described above
must file a written objection that

includes the reasons for the objec-
tion at least two court days before
the matter is scheduled to be heard
and must appear at the hearing to
show cause why the petition should
not be granted. If no written objec-
tion is timely filed, the court may
grant the petition without a
hearing.
NOTICE OF HEARING
Date: January 8, 2021
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: November 17, 2020
Filed: November 20, 2020
/s/ Kelly L. Neel
Judge of the Superior Court
12/3, 12/10, 12/17, 12/24 (20-312)

LEGALS?

County Public Notices
Fictitious Business
Petition to
Administer Estate
Trustee Sale
Other Public Notices

classified@north
coastjournal.com

442-1400 x314

EMPLOYMENT

Opportunities

AMERICAN STAR PRIVATE SECURITY

Is now hiring. Clean record.
Drivers license required.
Must own vehicle. Apply at
922 E Street, Suite A, Eureka
(707) 476-9262.

ESSENTIAL CAREGIVERS Needed to help Elderly Visiting Angels 707-442-8001



NOW HIRING!

Are you passionate about
making a difference in your
community? Are you tired
of mundane cubicle jobs
and want to join a friendly,
devoted community with
limitless potential?

Join the Humboldt County Education Community.

Many diverse positions
to choose from with
great benefits, retirement
packages, and solid pay. Learn
more and apply today at
hcoe.org/employment

Find what you're looking
for in education!



sequoiapersonnel.com
436 Harris St.
Eureka, CA 95503
(707) 445.9641

SEQUOIA PERSONNEL SERVICES

Planning Technician • Bookkeeper
Facilities Maintenance • Controller
Water Division Ops Mgr • CPA
Front Office Clerk • Onsite Manager
Accounting Manager • General Laborers
Warehouse Laborers



City of Arcata DIRECTOR OF ENVIRONMENTAL SERVICES

\$93,028—\$113,076 annually

First review date is December 21, 2020

Generous benefit package

For full details and application materials:

www.cityofarcata.org/jobs;

or Arcata City Manager's Office, 736 F Street,
Arcata, or (707) 822-5953. EOE.

We Print Obituaries

Submit information via email to
classified@northcoastjournal.com,
or by mail or in person.

Please submit photos in JPG or PDF
format, or original photos can be
scanned at our office.

The *North Coast Journal* prints
each Thursday, 52 times a year.
Deadline for obituary information
is at 5 p.m. on the Sunday prior
to publication date.



310 F STREET,
EUREKA, CA 95501
(707) 442-1400
FAX (707) 442-1401

NORTH COAST JOURNAL IS HIRING

SALES REPS



BASE SALARY + COMMISSION + BENEFITS

Seeking full-time
motivated individuals
eager to develop and
manage sales programs
across print, web and
mobile platforms.

Apply by emailing
your resume to
melissa@northcoastjournal.com



SoHum Health is HIRING

Interested applicants are
encouraged to visit and apply
online at www.SHCHD.org or
in person at 733 Cedar Street,
Garberville (707) 923-3921

CURRENT JOB OPENINGS

INFECTION PREVENTION / EMPLOYEE HEALTH

Full Time Position. Position includes, but is not limited to, infection monitoring and reporting, infection risk assessment and prevention, policy and procedure development, staff education, and outbreak management. Employee Health role includes new employee and annual health assessments, immunization programs, exposure management, and safe patient handling programs. Must be able to communicate clearly, verbally and in writing to interface with employees, medical staff, and state, local, and federal health departments and programs. BSN preferred. Certification in Infection Control (CIC) preferred, but willing to train the right candidate.

LICENSED VOCATIONAL NURSE – CLINIC & HOME VISITS

Full Time position, 8 or 10 hr. shifts, 4 or 5 days
a week, Monday - Friday. Current California
LVN license and BLS certification required.
Work 8 or 10 hour shifts in our outpatient

New hires qualify for benefits as soon
as they begin employment!

SHCHD minimum wage start at \$15.50
per hour featuring an exceptional benefits
package, including an employee discount
program for services offered at SHCHD.



City of Arcata
**Supervisor Parks-
Facilities-Natural
Resources**

\$55,619 to \$69,296/yr.

The position requires the use of independence, initiative, and discretion within established guidelines to Supervise the entire operations of the Parks/Facilities/Natural Resources Division including creating plans for the maintenance, installation, repair, inspection and/or construction of the City's parks, playgrounds, facilities, natural resource areas and structures. See www.cityofarcata.org for further information and requirements

Apply before 4 pm Monday, Dec. 21, 2020

Application materials can be mailed, hand delivered, faxed or emailed to citymgr@cityofarcata.org. Arcata City Manager's Office, 736 F Street, Arcata; or by calling (707) 822-5953. EOE.



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

**ASSOCIATE TRIBAL
ATTORNEY**

The Hoopa Valley Tribe, a federally recognized Indian Tribe located in Hoopa, CA, seeks an attorney to fill the position of Associate Tribal Attorney. The successful candidate will serve in the Office of Tribal Attorney and will provide a broad range of legal services to the Hoopa Valley Tribal Council, Chairperson tribal departments and entities, including consultation, research, drafting, representation in administrative proceedings, and other duties as assigned. **Contractual, Salary: DOE.**

Minimum Qualifications: Minimum of one (1) to five (5) years practicing law; at least two (2) years practicing Federal Indian Law or Administrative/Governmental Law (preferred). Juris Doctorate Degree. Member in good standing of any state bar; California Bar Membership (highly desired) or willing to obtain California Bar membership within one year of hire. Outstanding writing, research and communication skills required. Experience in employment law, civil litigation, contracts and business law, and tax law preferred.

Must possess a valid CA Driver's License (or able to obtain within 10 days of hire) and be insurable. Preference will be given to qualified Native American Indian applicants. This position classified safety-sensitive.

POSITION IS OPEN UNTIL FILLED.

Submit application, cover letter, resume and writing sample to: Human Resources Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546 or call (530) 625-9200 ext. 20. Email submission: liz@hoopainsurance.com. The Tribe's Alcohol and Drug Policy and TERO Ordinance apply.



The Hoopa Valley Tribe is accepting applications to fill the following vacant position:

**FINANCIAL INSTITUTION
DIRECTOR**

Hoopa Development Fund, Regular, F/T,
Salary: \$53,400.00/yr.

Responsible for the management of the Hoopa Development Fund Credit Division and EDA Loan Fund Division. Directs and coordinates activities to implement Hoopa Development Fund policies, procedures and practices concerning granting or extending lines of credit for real estate and consumer credit loans, among other administrative duties.

MINIMUM REQUIREMENTS: Bachelor's Degree (B.A.) from a four-year college or university, or one to two years of related experience and/or training, or equivalent combination of education and experience. Must possess a valid CA Driver's License and be insurable. Must successfully pass an employment background check in accordance with Title 30A. This position is classified safety-sensitive.

DEADLINE: NOVEMBER 16, 2020.

For job descriptions and employment applications, contact the Human Resource/Insurance Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546 or Call (530) 625-9200 Ext. 20 or email hr2@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance.



**Northcoast
Children's
Services**

CENTER DIRECTOR, Eureka

Responsibilities include overall management of an Early Head start prog. AA/BA in Child Development or related field prefer. Must have a course in Infant Toddler Coursework. F/T (M-Fri) 40 hrs/wk \$17.53-\$19.33/hr. **Open Until Filled.**

TEMPORARY TEACHER, McKinleyville

Responsible for the development & implementation of classroom activities—providing support & supervision for a toddler prog. Meet Associate Teacher Level on Child Development Permit Matrix & have 1 yr. experience teaching in a toddler setting. Temp F/T 40 hrs/wk. M-F \$14.78-\$15.52/hr. **Open Until Filled.**

CLASSROOM ASSISTANT, Eureka

Assist center staff in the day-to-day operation of the classroom for a preschool prog. 6-12 ECE units prefer or enrolled in ECE classes & have 6 months' exp. working w/ children. P/T 28 hrs/wk \$13.26-\$14.62/hr. **Open Until Filled.**

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521

For addtl info & application please call 707- 822-7206 or visit our website at www.ncsheadstart.org

CAREGIVERS NEEDED NOW! Work from the comfort of your home. We are seeking caring people with a bedroom to spare to help support adults with special needs. Receive ongoing training and support and a monthly stipend of \$1200-\$4000+ a month. Call Sharon for more information at 707-442-4500 ext 205 or visit www.mentorswanted.com to learn more.



Tri-County Independent Living (TCIL) is a community-based, non-residential, non-profit, multicultural organization providing services to persons with disabilities to enhance independence.

Executive Director

One of 28 federally and state funded Independent Living Centers in California, TCIL serves people with disabilities in Humboldt, Del Norte and Trinity Counties from its main office in Eureka and satellite office in Crescent City.

TCIL provides mostly free services to support and enhance disability independence through its core services including Independent Living Skills, Housing Services, Assistive Technology, Youth Services, Home Transition Services, Peer Support, Personal Assistant Referral and Advocacy.

TCIL MISSION

To promote the philosophy of independent living, to connect individuals with services, and work to create an accessible community, so that people with disabilities can have control over their lives and full access to the communities in which they live.

POSITION

The Executive Director is responsible for the overall operations of the Center including staffing, planning, developing, budgeting, implementing and evaluating Center programs; advocacy and systems change activities; and represents the Center, or delegates such representation on the local, state, and national level.

REQUIRED QUALIFICATIONS

At least a BA in Human Services or Management or closely related field (Master's preferred) with a minimum of five years in upper level administrative/management experience. Minimum of one year's experience working with persons with disabilities.

Strong organizational background. Experience and/or knowledge of the range of programs serving persons with disabilities. Must have working knowledge of nonprofit agency structure/operations. Experience with resource development including community and public relations. Experience with human services program planning and implementation.

Full-Time, Exempt. Benefits include Medical, Dental, Vacation, Sick Leave, 11 paid Holidays.

Compensation: DOE.

Position description, application and information on how to apply, go to w.tilinet.org

OPEN UNTIL FILLED

People with Disabilities strongly encouraged to apply. Alternative format will be provided upon request. EOE.



CITY OF FORTUNA
UTILITY WORKER II
\$33,487 – \$40,742/YEAR
UTILITY WORKER III
\$37,279 – \$45,356/YEAR, FULL-TIME

Under general direction of the Lead Utility Worker and Utilities Superintendent, to inspect, clean, maintain, replace and repair the City's water distribution and sewer collection systems; to read meters; to clean, test, and rebuild meters; to operate, to perform underground construction work; and to do related work as required.

Complete job description and applications are available at City of Fortuna, 621 11th Street, or **friendlyfortuna.com**.

Application must be received by
4pm on Wednesday, Dec. 30, 2020.



Internews

Grants and Contracts Analyst/ Subgrants Analyst

Dynamic international organization seeks to fill full-time, fully-benefitted position with remote work option

This position supports overall administration of proposals, awards, acquisition contracts and procurements of goods, and assistance subawards, including pre-award due diligence and analysis, subgrant award execution, and post-award monitoring, in compliance with prime funder requirements and Internews policy.

Ideal candidates have:

- Understanding of and experience with administration of US Government (USG) grants, cooperative agreements and contracts; experience with US Agency for International Development (USAID) awards highly desirable.
- Experience with administrative systems of international Non-Governmental Organizations (highly desirable).
- Experience monitoring recipients of USG and other funding sources (highly desirable).
 - Experience in administration of procurement of goods and services, including development and evaluation of RFPs/RFQs (helpful).
- Excellent interpersonal, oral and written communication skills

TO APPLY: Full details & applications online:
internews.org/apply-jobs-internews



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

SENIOR TRIBAL ATTORNEY

The Hoopa Valley Tribe, a federally recognized Indian Tribe located in Hoopa, CA, seeks an Attorney to fill the position of Senior Tribal Attorney. The successful candidate will serve in the Office of Tribal Attorney under the supervision of the Hoopa Valley Tribal Council and Tribal Chairman. Provides a wide range of legal services to the Hoopa Valley Tribe, including without limitation advice, negotiation, drafting, research, lobbying, representation in litigation and administrative proceedings and other duties as assigned by the Council. Senior Tribal Attorney does not provide legal services or advice to individual Tribal members, except upon resolution of the Hoopa Valley Tribal Council.

Contractual, Salary: DOE.

MINIMUM QUALIFICATIONS:

- Juris Doctorate (J.D.) Degree.
- Minimum of five to ten years practicing Federal Indian Law and/or training; or equivalent combination of education or experience.
- Member in good standing of any state bar; California Bar Membership (highly desired) or willing to obtain California Bar membership within one year of hire.
- Outstanding writing, research and communication skills required.
- Experience in employment law, civil litigation, contracts and business law, and tax law.
- Must possess a Valid CA Driver's License and be insurable.
- Subject to a successful employment background check in accordance with Title 30A.
- Preference will be given to qualified Native American Indian applicants.
- This position classified safety-sensitive.

DEADLINE: OPEN UNTIL FILLED

Submit application, cover letter, resume and writing sample to the Human Resources Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546, e-mail submission to liz@hoopainsurance.com, or call (530) 625-9200 ext. 20. The Tribe's Alcohol and Drug Policy and TERO Ordinance apply.

Hiring?



Post your job
opportunities
in the **Journal**.

442-1400 x314
classified@
northcoastjournal.com



YUROK TRIBE

FOR A LIST OF CURRENT
JOB OPENINGS
AND DESCRIPTIONS

LOG ONTO
WWW.YUROKTRIBE.ORG OR JOIN US
ON FACEBOOK: WWW.FACEBOOK.COM/
YUROKTRIBEHUMANRESOURCES

FOR MORE INFORMATION CALL
(707) 482-1350 EXTENSION 1376



CITY OF FORTUNA

POLICE DISPATCHER

FULL TIME,
\$43,663-\$53,122 PER YEAR.

Under general supervision of the Police Dispatch Supervisor and on-duty Watch Commander. Dispatchers answer and process both incoming emergency and non-emergency requests, performs all other functions involved with 9-1-1 public safety dispatching, assists with clerical duties within the Police Department, and performs other related duties as assigned. Must be at least 18 and have current CDL. Pre-employment physical and background check required.

Full job description and required application available at City of Fortuna, 621 11th St. or www.friendlyfortuna.com.

This position will remain open until filled.

THE NORTH COAST JOURNAL IS SEEKING DISTRIBUTION DRIVERS



Wednesday afternoon/
Thursday morning routes in
**Northern Humboldt and
Willow Creek/Hoopa**

Must be personable, have a reliable vehicle, clean driving record and insurance. News box repair skills a plus.

Contact Michelle
707.442.1400 ext. 305
michelle@northcoastjournal.com



FULL CHARGE BOOKKEEPER Solutions for Small Businesses is looking for additional bookkeepers. We use QuickBooks Online and other cloud based apps to service several local small businesses. We pride ourselves in being fast, accurate and providing excellent customer service. We work entirely virtually and manage our own time. If you are comfortable working in an online environment and passionate about supporting small businesses, we would like to hear from you. Visit our website to find out more about our business. Please email your resume and inquiry letter to katherine@solutions4sb.com solutions4sb.com



SoHum Health is HIRING

Interested applicants are encouraged to visit and apply online at www.SHCHD.org or in person at 733 Cedar Street, Garberville (707) 923-3921

CURRENT JOB OPENINGS

FAMILY NURSE PRACTITIONER (FNP)

The Family Nurse Practitioner is an advanced practice Registered Nurse with additional preparation and skills in physical diagnosis, psycho-social assessment and management of health needs in primary health care, and who possesses the ability to assist the health status in individuals and families. The FNP provides for the continuity of healthcare to patients, provides instruction and counseling to individuals, families and groups concerning preventive health care; and collaborates with other providers and agencies to assure the provision of coordination of health care delivery to individuals and families. The FNP functions within the scope of practice as authorized for the RN pursuant to Business and Professions Code, Division 2, Chapter 6. The FNP functions within the scope of practice as specified in the Nursing Practice Act and as it applies to all Registered Nurses.

MINIMUM POSITION QUALIFICATIONS REQUIRED:

Education/Knowledge: Graduation from an accredited nursing school; completion of an accredited nurse practitioner program and proof of current California licenses.

SPECIAL SKILLS/EQUIPMENT:

Ability to display professionalism in the work environment; ability to concentrate on details in a busy, distracting environment; ability to solve practical problems and deal effectively with situations where limited standardization exists.

LICENSES/CERTIFICATES:

Must possess valid California license as a registered nurse; California certificate as Nurse Practitioner; furnishing and dispensing number within six months of hire; current CPR certification.

Job Type: Full-time

New hires qualify for benefits as soon as they begin employment!

SHCHD minimum wage start at \$15.50 per hour featuring an exceptional benefits package, including an employee discount program for services offered at SHCHD.



SunValley
Creating a World of Color

WE ARE HIRING NOW!

Be part of our dynamic environmentally friendly company. We offer Flexible hours, Part time, Training, Seasonal opportunities.

We are looking for outgoing Team Members who want to gain some great work experience and be part of **FUN, ENERGETIC AND ENGAGED** workforce.

Start Working Today • Weekly Pay • Part Time Weekends • Full Time • Bonus Opportunities

SIGN ON BONUS \$100.00

You will receive bonus at end of season.

APPLY NOW!!!

Email us at HR@tsvg.com, or In Person at 3160 Upper Bay Road. ARCATA CA 95521



K'ima:w Medical Center

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

MAT COUNSELOR FT/REGULAR

DEADLINE TO APPLY IS 5PM, DECEMBER 15, 2020.

MEDICAL DIRECTOR FT/REGULAR

DEADLINE TO APPLY IS 5PM, DECEMBER 28, 2020.

MEDICAL RECORDS TECHNICIAN FT/REGULAR

DEADLINE TO APPLY IS 5PM, DECEMBER 28, 2020.

EHR PERSONAL HEALTH RECORD SPECIALIST FT/REGULAR

DEADLINE TO APPLY IS 5PM, DECEMBER 28, 2020.

HOUSEKEEPER ON-CALL OPEN UNTIL FILLED.

HR DIRECTOR FT/REGULAR OPEN UNTIL FILLED.

IT& APPLICATIONS TECHNICIAN FT/REGULAR DEADLINE TO APPLY IS 5PM, DECEMBER 18, 2020.

(2)PATIENT ACCOUNTS CLERK I FT/REGULAR DEADLINE TO APPLY IS 5PM, DECEMBER 18, 2020.

ACCOUNTANT FT/REGULAR OPEN UNTIL FILLED.

MENTAL HEALTH CLINICIAN FT/REGULAR OPEN UNTIL FILLED.

RN CARE MANAGER FT/REGULAR OPEN UNTIL FILLED.

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email: hr.kmc@kimaw.org for a job description and application. You can also check our website listings for details at kimaw.org. Resume and CV are not accepted without a signed application.

Miscellaneous

4G LTE HOME INTERNET NOW AVAILABLE! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 1-888-519-0171 (AAN CAN)

AUTO INSURANCE STARTING AT \$49/ MONTH! Call for your fee rate comparison to see how much you can save! Call: 855-569-1909. (AAN CAN)

BECOME A PUBLISHED AUTHOR! We edit, print and distribute your work internationally. We do the work... You reap the Rewards! Call for a FREE Author's Submission Kit: 844-511-1836. (AAN CAN)

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 866-535-9689 (AAN CAN)

JOIN THE RESOLUTION CARE TEAM!

ResolutionCare
network

NOW HIRING

A TELEHEALTH CASE MANAGING RN

We are inviting registered nurses to join our organization to provide patient-centered, home-based palliative care for individuals with specialty palliative care needs via telemedicine with the support of an interdisciplinary team. A valid CA RN license is required, hospice or palliative care experience preferred. We offer competitive wages, an excellent benefit package and flexible work from anywhere in California or Oregon. If you are ready to join an innovative organization that is changing the way we care for one another, please contact us.

To learn more about us visit www.resolutioncare.com. To apply send a resume and cover letter to info@resolutioncare.com.



OUR MISSION
Changing Tides Family Services increases the health and success of children, youth, families, and individuals

Child Care Case Manager \$15.71/hour (full-time)

Program Specialist Family Empowerment Services \$16.59/hour (full-time)

We are operating under strict COVID-19 safety protocols including daily health screenings, required masks, and increased hand washing and cleaning practices per the Reopening Plan certified by Humboldt County.

We are an Equal Opportunity Employer.

**2259 Myrtle Ave., Eureka, CA 95501
(707) 444-8293**

www.changingtidesfs.org

Hablamos español

[@changingtidesfamilyservices](https://www.instagram.com/changingtidesfamilyservices)

MARKETPLACE



CLEARANCE SALE:
BOOKS!!! ALL HARDBACKS
50¢ ALL CHILDREN'S
BOOKS 20¢ Dream Quest
Thrift Store, where your
shopping dollars help local
youth realize their dreams.
December 19-23 Plus: Senior
Discount Tuesdays &
Spin'n'Win Wednesdays!
(530) 629-3006.



WRITING
CONSULTANT/EDITOR.
Fiction, nonfiction, poetry.
Dan Levinson, MA, MFA.
(707) 443-8373.
www.ZevLev.com

Fire Arts Center SALE

Weekends Dec 11-Dec 20

New OUTDOOR Gallery
520 S.G Street near Marsh
707-826-1445



by Peggy Loudon

CLASS SIGN-UP NOW

DONATE YOUR CAR TO
CHARITY. Receive maximum
value of write off for your taxes.
Running or not! All conditions
accepted. Free pickup. Call for
details. 855-978-0215 (AAN CAN)



Our Goal - Keep It Simple
HUMBOLDT
MORTGAGE COMPANY
50 GLORIOUS YEARS
since 1964

Bob@HumboldtMortgage.net
(707) 445-3027
2037 Harrison Ave., Eureka
CalBRE: #01144618, NMLS: #323296

FLASHBACK Pre-Closing Sale!



116 W. Wabash • 443-8259
Mon. Weds. Thur. Fri.
& Sat. 2-6 Closed Sun. & Tues.
with masks & bacterial wipes
"Clothes with Soul"

GUARANTEED LIFE INSURANCE!
(AGES 50 TO 80). No medical
exam. Affordable premiums
never increase. Benefits never
decrease. Policy will only be
cancelled for non-payment.
HOURS: M-F 9a-10p & Sat 11a-2p
EST 1-888-386-0113 (Void NY)
(AAN CAN)

SAVE YOUR HOME! Are you
behind paying your MORT-
GAGE? Denied a Loan Modifica-
tion? Is the bank threatening
foreclosure? CALL Homeowners
Relief Line NOW for Help 1-855-
439-5853 Mon-Fri : 8:00 am to
8:00 pm Sat: 8:00 am to 1:00
pm(all times Pacific) (AAN CAN)

REAL ESTATE

HUMBOLDT PLAZA APTS.
Opening soon available for
HUD Sec. 8 Waiting Lists for
2, 3 & 4 bedroom Apts.

Annual Income Limits:

1 pers. \$24,500; 2 pers. \$28,000;
3 pers. \$31,500; 4 pers. \$34,950;
5 pers. \$37,750; 6 pers. \$40,550;
7 pers. \$43,350; 8 pers. \$46,150

Hearing impaired:
TDD Ph# 1-800-735-2922

Apply at Office:
2575 Alliance Rd. Bldg. 9 Arcata,
8am-12pm & 1-4pm, M-F
(707) 822-4104



Fortuna

EXCELLENT LOCATION FOR THESE 4
ACRES WITH MULTI-FAMILY ZONING IN
SUNNY FORTUNA! There is subdivision
potential for a contractor/developer. Or
how about a nice urban estate or two, or
three? Or perhaps just a good location for
a big new home with acreage for some
animals! Public sewer, water, and utilities
at the street. MLS #257872



MING TREE REAL ESTATE
REALTY www.mingtreerealty.com

Sylvia Garlick #00814886 • Broker GRI/Owner
1629 Central Ave. • McKinleyville • 707-839-1521 • mingtreesylvia@yahoo.com



\$455,000

MARKETPLACE

HEARING AIDS!! Buy one/get
one FREE! High-quality
rechargeable Nano hearing aids
priced 90% less than competi-
tors. Nearly invisible! 45-day
money back guarantee! 1-833-
585-1117 (AAN CAN)

HUGHESNET SATELLITE
INTERNET - Finally, no hard data
limits! Call Today for speeds up
to 25mbps as low as \$59.99/mo!
\$75 gift card, terms apply. 1-844-
416-7147 (AAN CAN)

OVER \$10K IN DEBT? Be debt
free in 24-48 months. Pay a frac-
tion of what you owe. A+ BBB
rated. Call National Debt Relief
877-590-1202. (AAN CAN)

SAVE BIG ON HOME INSUR-
ANCE! Compare 20 A-rated
insurance companies. Get a
quote within minutes. Average
savings of \$444/year! Call 844-
712-6153! (M-F 8am-8pm
Central) (AAN CAN)

STRUGGLING WITH YOUR
PRIVATE STUDENT LOAN
PAYMENT? New relief programs
can reduce your payments.
Learn your options. Good credit
not necessary. Call the Helpline
888-670-5631 (Mon-Fri 9am-
5pm Eastern) (AAN CAN)

Auto Service

ROCK CHIP?

Windshield repair
is our specialty.
For emergency service
CALL GLASWELDER
442-GLAS (4527)
humboldtwindshield
repair.com

Cleaning



CLARITY WINDOW
CLEANING
Services available.
Call Julie 839-1518.

Computer & Internet



Macintosh Computer
Consulting for
Business and Individuals

Troubleshooting
Hardware/Memory Upgrades
Setup Assistance/Training
Purchase Advice

707-826-1806
macsmist@gmail.com

Home Repair

2 GUYS & A TRUCK.
Carpentry, Landscaping,
Junk Removal, Clean Up,
Moving. Although we have
been in business for 25
years, we do not carry a
contractors license.
Call 845-3087

Musicians & Instructors

BRADLEY DEAN

ENTERTAINMENT
Singer Songwriter.
Old rock, Country, Blues.
Private Parties, Bars,
Gatherings of all kinds.
(707) 832-7419.



BONGO BOY
Recording for Local
& Touring Artists
in a professional,
relaxed atmosphere
by experienced,
qualified engineers
e-mail: bongoboycd@sbcglobal.net
www.bongoboystudio.com
Celebrating 15 years in Humboldt County!
We also offer full-color CD & DVD short
run & mass replication, Graphic design,
CD Mastering, VHS-DVD & Cassette-CD
(707) 839-5090

Other Professionals

CIRCUS NATURE PRESENTS

A. O'KAY CLOWN
& NANINATURE
Juggling Jesters
& Wizards of Play
Performances for all ages.
Magical Adventures
with circus games
and toys. Festivals,
Events & Parties
(707) 499-5628
www.circusnature.com



KNIFE

SHARPENING

Knives • Blades • Shears
Trimmers • Custom Orders
Pick Up and Drop Off:

ARCATA: All Under Heaven
Arcata Plaza, 825-7760

EUREKA: Little Japan
Henderson Center, 798-6003

HARVEY'S SHARP-N-THINGS
707 616-7022

IN HOME SERVICES

We are here for you

Registered nurse support
Personal Care
Light Housekeeping
Assistance with daily
activities
Respite care & much
more

Insured & Bonded

*Serving Northern California
for over 20 years!*

MENDOCINO • LAKE &
HUMBOLDT CAREGIVERS
WE ARE HERE FOR YOU

TOLL FREE 1-877-964-2001

YOUR AD HERE



442-1400 x314
classified@
northcoastjournal.com

BODY, MIND & SPIRIT

HIGHER EDUCATION FOR
SPIRITUAL UNFOLDMENT.
Bachelors, Masters, D.D./
Ph.D., distance learning,
University of Metaphysical
Sciences. Bringing profes-
sionalism to metaphysics.
(707) 822-2111

NCJ WHAT'S GOOD



Devouring Humboldt's best kept food secrets.

northcoastjournal.com/whatsgood

Have a tip? Email jennifer@northcoastjournal.com

the LAND MAN OFFICE

315 P STREET • EUREKA

707.476.0435



MULTIPLE LISTING SERVICE
MLS



Charlie Tripodi
Owner/
Land Agent
BRE #01332697
707.476.0435



Kyla Nored
Owner/Broker
BRE #01930997
707.834.7979



Barbara Davenport
Associate Broker
BRE# 01066670
707.498.6364



Bernie Garrigan
Realtor
BRE #01927104
707.798.9301



Dacota Huzzen
Realtor
BRE #02109531
707.499.0917



Hailey Rohan
Realtor
BRE #02044086
530.784.3581



Mike Willcutt
Realtor
BRE # 02084041
916.798.2107



Katherine Fergus
Realtor
BRE #01956733
707.601.1331



FIELDS LANDING – LAND/PROPERTY – \$145,000

Undeveloped ±3.8 acre parcel with excellent sunset and bay views! Property is wooded, sloping, and has community water and sewer at parcel's edge. Don't miss your opportunity to build your dream home in this desirable neighborhood!

613 15TH STREET, FORTUNA – \$237,000

Downtown 1/1 bungalow, formerly a wildly popular Airbnb. New roof, deck, flooring in kitchen/laundry area, and fresh paint. Utility room used as extra sleeping area. Appliances included. Unfinished attic. Private backyard.



DINSMORE – CULTIVATION - \$899,000

±40 Acres off Highway 36 with Interim Permit for 9,200 sq ft of mixed light and 800 sq ft of outdoor cultivation space. Property features a 2 bedroom 1 bathroom home, barn, green houses, and additional outbuildings.

ELK PRAIRIE VINEYARD, MYERS FLAT – \$1,350,000

Established ±15 acre vineyard with 3 homes, winery, cellar, tasting room, mature grapes & olive trees, and much more!!



LEWISTON – HOME ON ACREAGE – \$469,000

±17 Acres with 4/2.5 farm home with wood floors and many upgrades! Property features a 4,200 sqft shop, well, pond, beautiful views, and is just 40 mins from Redding!

WEAVERVILLE – LAND/PROPERTY – \$109,000

±40 Acres close to Weaverville with beautiful views just waiting for you! Property features power close by and buildable flats.

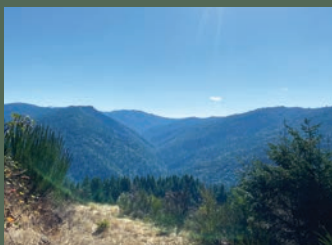


WILLOW CREEK – LAND/PROPERTY – \$125,000

±2.7 Acre parcel in a small intimate neighborhood with few neighbors on a dead-end road. Parcel is wooded with fir, madrone, and oak trees and features a flat building site and utilities at the street.

ARCATA – COMMERCIAL INVESTMENT – \$499,000

Commercial building on a high visibility corner just blocks from the Arcata Plaza! Two buildings, 10 dedicated parking spaces, and tenants are in place.



WEITCHPEC – LAND/PROPERTY – \$115,000

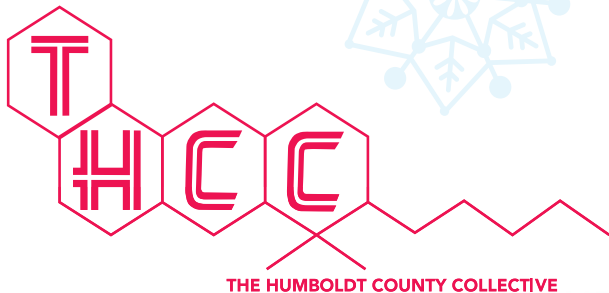
This ±46 acre parcel in Weitchpec awaits the adventurer who enjoys pristine forests and amazing views. Large stands of doug fir, ample water, and several fruit trees are an added bonus!

JUNCTION CITY – LAND/PROPERTY – \$125,000

±23 Flat acres 10 mins from Weaverville, features a year round creek, Highway 299 frontage, and motivated Sellers!



humboldtlandman.com



DEMOS ARE 12PM-6PM
WHILE SUPPLIES LAST

DEC 2020

10 Days of Ghost Demos

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1	2	3	4	5
6						
13	14	15 SELECT BRAND All Cartridges 25% off	16 KANHA All Gummies Buy 1 Get 1 for \$1 (Limit One Per Customer)	17 YUMMI KARMA Tinctures Buy 1 Get 1 50% OFF	18 UPNORTH Buy 1/8th Get A Pre-Roll for .01	19 ABX ABX & Loud + Clear Cartridges Buy 1 Get One \$1
20 Buy A Moon Rock 1/8th or A Jay & Silent Bob Pre-Roll And Get A Cavi J for \$1	21 CALIFORNIA CANNA POWERED BY URSA All Vape Cartridges 50% off	22 TALKING TREES Buy Any Talking Trees Product and Get A Pre-Roll for .01	23 STIIIZY All Stiiizy Products 40% Off	24 URSA All URSA Products 25% Off. Buy Any Metal Cartridge Get a Battery For Free (Limit One Per Customer)	25	26
27	28	29	30	31		

HAPPY HOLIDAYS FROM THCC



Behind
American
Foot
Comfort

License No. C10-0000011-LIC

1670 Myrtle Ave. Ste. B
Eureka CA
707.442.2420
M-F 10am-6pm
Sat + Sun 11am-5pm



BEST PRICES
IN HUMBOLDT